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JAIL TIME FOR DOG DEATHS

Emma Paulsen, a dog walker who pleaded guilty to two charges after the deaths of six dogs in her care, arrives for sentencing at provincial court in Surrey on Jan. 21. Paulsen has been sentenced to six months in jail. Story, page 6. DARRYL DYCK/THE CANADIAN PRESS

Man denies tormenting Amanda Todd

Crime. RCMP want to extradite Aydin Coban on five charges, including extortion and child pornography

The Dutch man accused of cyberbullying Amanda Todd has penned an open letter from jail in the Netherlands proclaiming his innocence and denying he was "the so-called tormenter" of the B.C. teen.

Aydin Coban released the four-page, handwritten composition through his lawyer to mark one year of his imprisonment and to address the "many blatant lies" he says have swirled about his case.

"I'm not the so-called tormenter of Miss. Amanda Todd or of anyone else for that matter. I've been in jail exactly a year now for things I haven't done," he writes in the letter dated Jan. 13.

Todd was a 15-year-old from Port Coquitlam whose image went viral after she died by suicide in 2012. Not long before her death, she silently used flashcards to recount her disturbing encounters with an online harasser in a video she uploaded to YouTube.

Her story of sexual exploitation prompted Ottawa to introduce legislation that would criminalize the distribution of intimate images without the person's consent.

Coban, then 35, was apprehended by Dutch police in January 2014 on a host of allegations, including that he encouraged underage girls in several countries to perform sexual acts in front of a web camera.

It wasn't until last April that it became known Todd was listed among his alleged victims, and authorities in Canada moved in with their own charges.

None of the allegations against Coban have been proven in court. THE CANADIAN PRESS

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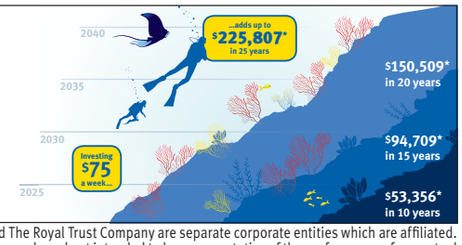

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Health. Type 2 diabetes on the rise in youth: Study

Type 2 diabetes, previously considered a disease of older adults, has reached alarming levels in young people, with the highest number of new cases being diagnosed in South Asian youth, suggests a new B.C. study.

The study, led by researchers at Providence Health Care, found that the majority of young people under 30 with diabetes have Type 2, which, unlike Type 1, is caused by obesity and a sedentary lifestyle.

Among South Asians, the rate of Type 2 diabetes was twice that of Caucasians and triple that of Chinese youth, according to the study.

Although the researchers didn't look at the causes of diabetes in youth, senior author Dr. Nadia Khan said rising rates of obesity, high-calorie and high-sugar-content diets and sedentary lifestyles are likely the root causes.

"We could be preventing a lot of this," Khan told Metro. "It takes years to develop Type 2 diabetes so we need to really prioritize exercise and diet in our households."

Researchers aren't entirely sure why South Asians are at a greater risk of developing diabetes, but Khan said previous studies suggest the population tends to develop diabetes at lower BMIs.

Dr. Calvin Ke, one of the study authors, said the findings suggest screening for Type 2 diabetes, especially among high-risk groups, may need to start at younger ages.

He said youth are being diagnosed as early as age 20, though screening for the disease doesn't start until age 40.

THANDI FLETCHER/METRO, WITH FILES FROM THE CANADIAN PRESS

Michele Pineault places the remains of her daughter Stephanie Lane that were found on serial killer Robert Pickton's farm back in a box after displaying them during a news conference in Vancouver on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

Mom of possible Pickton victim seeks new charge

Crime. Mother of woman whose DNA was found on serial killer's property says bones are new evidence; coroners service disagrees

The mother of a woman whose DNA was found on Robert Pickton's property says the serial killer should be charged with murder, arguing human remains returned to her represent new evidence.

Michele Pineault said an official with the B.C. Coroners Service met with her last September and gave her fragments from two vertebrae belonging to her daughter, Stephanie Lane, who was 20 when she vanished in January 1997.

Lane is among six women whose DNA was found on Pickton's farm but whose cases did not result in any charges.

Pineault said prosecutors told her at the time that Lane's DNA was found in a freezer, which wasn't enough to proceed with charges. She said she was never told about the bone fragments' existence.

"I was told that ... if there had been more (than DNA), it would have been enough to charge him," Pineault said at a news conference in Vancouver, holding a pair of small plastic bags containing her daughter's remains.

"I want Robert Pickton charged with my daughter's murder."

However, it quickly became apparent that no new charges will be laid.

The B.C. Coroners Service said in a statement that the remains were known to police during the original investigation and "do not represent new evidence."

Crown spokesman Neil MacKenzie said prosecutors also knew about Lane's remains when they made their decisions about charges. He repeated the criminal justice branch's long-standing position that Pickton will not be prosecuted for additional murder charges.

Pickton was arrested in 2002, setting off an exhaustive search for human remains on his farm in Port Coquitlam, east of Vancouver.

Investigators found the remains or DNA of 33 women.

Pickton was eventually convicted of six counts of second-degree murder, and prosecutors then stayed another 20 murder charges because the serial killer had already received the maximum sentence under the law. A 27th murder charge involving a woman referred to only as Jane Doe, whose remains were found on the property, was dropped.

No charges were ever laid in the deaths of six other women, including Lane, whose remains or DNA were found on the farm. THE CANADIAN PRESS

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UBC. Teaching farm given $1-million donation

Money doesn't grow on trees but the green thumbs at UBC Farm aren't complaining after receiving a bountiful $1-million donation.

The university announced Wednesday that the Real Estate Foundation of British Columbia has invested $1 million in support of the Centre of Sustainable Food Systems at the farm.

The crop cash will support new land policy research and experiments to improve yields and test new crops, fund a new eco-friendly facility at the site, double the number of students trained in the UBC Farm Practicum in Sustainable Agriculture each year and expand the farm's aboriginal and children's programming.

Rickey Yada, UBC's Dean of the Faculty of Land and Food Systems, says the farm's goal is to tackle some of the world's most pressing needs.

"Food security, food sustainability and stewardship are all huge issues," said Yada. "People talk about how there will be nine billion people in 2050. We need to feed the world and find ways to address those issues. So we're pretty lucky to have a place like this in the middle of the city."

Yada calls the farm "a living lab" and says it's a place where the latest agricultural science and theories can be tested in real-world settings, while attracting a younger generation into farming.

The grant is the largest donation ever made by the Real Estate Foundation of B.C. and marked the beginning of a joint 10-year partnership between the two organizations.

METRO

Peas being picked at the UBC farm. COURTESY UBC

Matrimony. Don't propose in flashy way: UVic study

If popping the question in a crowded shopping mall sounds like the perfect marriage proposal, you may want to reconsider.

That's the advice of University of Victoria PhD student Lisa Hoplock, who has watched close to 300 YouTube videos as part of her research into the science of failed and successful mixed-sex marriage proposals.

The worst location for getting down on bended knee? A mall or food court.

Hoplock is still in the process of analyzing her data but she said a clear theme emerged early on in her research.

"The ones that are successful often have traditional elements in them," she said. "So the proposer will bend on one knee, give the ring and ask the question, 'Will you marry me?'"

For a better guarantee of making it to the altar, Hoplock suggested couples have an honest discussion about their future before putting a ring on it. METRO

Coast Mountain Bus Company instructor Bruce Van Luven demonstrates a new Plexiglas barrier designed to prevent assaults against bus drivers at the launch of a new pilot project on Jan. 8. MATT KIELTYKA/METRO

New Plexiglas transit barriers get test drive

Workplace safety. One bus receives Plexiglas barrier as pilot project to protect drivers

MATT KIELTYKA
Metro in Vancouver

Transit operators hope a thin sheet of Plexiglas can help cut down on the number of violent assaults drivers face out on the streets.

According to Coast Mountain Bus Company, there were 119 assaults against bus drivers in Metro Vancouver last year and 134 in 2013.

On Thursday, the first bus equipped with an operator protection barrier will be put into service as part of a six-month pilot program run by TransLink, BC Transit, WorkSafe BC and the unions representing transit workers.

"We have 1,500 buses in our fleet operating as early as four in the morning right through until four the next day," said Derek Stewart, director of safety at Coast Mountain Bus Company. "During that time, you encounter a lot of different passengers. The same cross-section of society we face out (in the world) is also on our buses and, unfortunately, we do have a significant number of assaults."

The union representing bus drivers has been lobbying for protection for operators since 2007 and is glad to see the test rollout.

"We see this six-month trial as a great opportunity for our drivers to experience what it might be like in a safer environment," said Nathan Woods, president of Unifor Local 111. "This barrier is designed to prevent the sucker punch as the driver is behind the wheel of the coach, and we feel it's the best engineered product so far that we've seen."

The barrier creates a partial separation between the driver and the rest of the bus, but still allows for the driver to speak and interact with passengers.

"We believe it would be effective at reducing the assaults, but part of the pilot is to also determine the unintended consequences," Stewart said. "How does it impact the customer's experience, the driver's environment, heat issues, circulation, sound, glare? All of those things."

The pilot will begin with just a single bus, but Stewart said barriers could be installed on a few more during the six-month trial.

Installing individual barriers fleet-wide would cost approximately $3,000 per bus.

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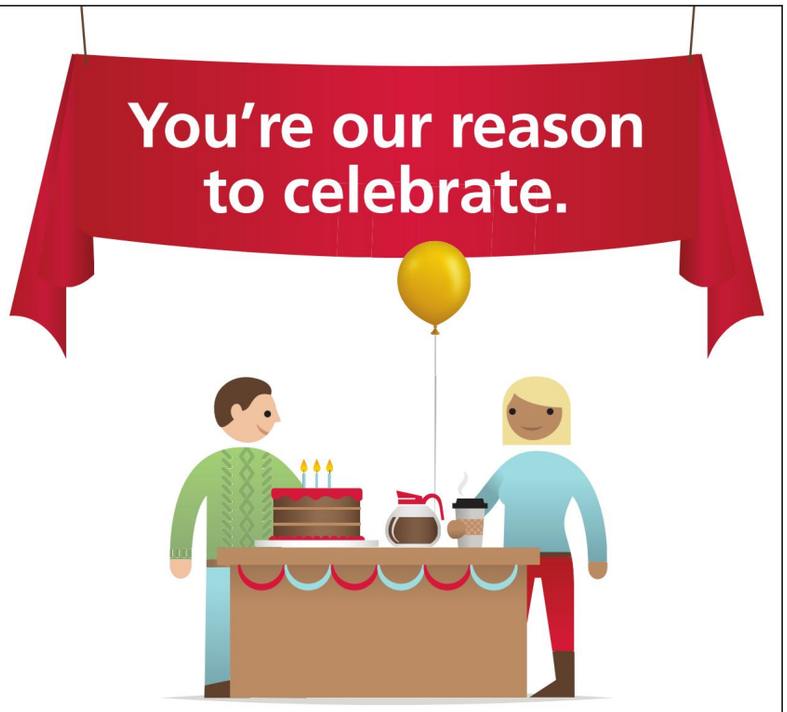

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Full rules: https://www.cibc.com/client-appreciation-day-contest

The six dogs that died in the back of Emma Paulsen's truck in May 2014. Paulsen, who admitted to leaving the dogs inside her hot truck, has been sentenced to six months in jail for their deaths. CONTRIBUTED

Dog walker gets six months in jail

Animal cruelty. Six canines died while under Emma Paulsen's care

A Vancouver-area dog walker who admitted to leaving six dogs inside her hot truck has been sentenced to six months in jail for their deaths.

Emma Paulsen has also been handed a lifetime ban on caring for animals.

Paulsen pleaded guilty last November to animal cruelty and mischief for leaving the dogs in a truck at a park in Langley in May.

She initially lied to police and said the dogs were stolen when she was away from her vehicle for only a few minutes to use a washroom — but later admitted they died from heat exhaustion.

The bodies of the dogs were eventually found in a ditch in the Fraser Valley.

The Crown called for six to 12 months in jail and a $10,000 fine, while the defence asked for a conditional sentence to be served in the community.

Jennifer Myers, whose Boston terrier died in the truck, attended court to watch the sentencing.

She said previously that she feared Paulsen would get a light sentence for the pain she'd caused to all the families.

"I was very relieved. I mean, you can't take away what they went through, but at least this shows that, yes, it was serious and the judge really took it that way, and I think that we're all a little surprised and relieved that it's six months," said Myers.

Dog owner Colleen King said she was surprised and thrilled by the jail sentence.

"It speaks to the seriousness of what she did and her actions, and the fact that she's never apologized to any one of the owners is disgusting," said King.

The B.C. SPCA is pleased with the sentence, one of the strongest seen under the Prevention of Cruelty to Animals Act, chief prevention and enforcement officer Marcie Moriarty said Wednesday.

"The judge sent a very clear message that this was a serious offence," Moriarty said.

"We can't replace those dogs, but I think this clearly shows Paulsen had a duty of care and she completely violated that duty, betrayed the owners and led people on a bit of a wild goose chase."

THE CANADIAN PRESS, WITH FILES FROM EMILY JACKSON/METRO

Maple Ridge

Officer charged in alleged assault

An off-duty Vancouver police officer has been arrested and charged for allegedly assaulting and unlawfully confining a woman in a domestic incident in Maple Ridge.

The officer, whose name was not released, has been on the force for 10 years, according to a statement from the Vancouver police department.

EMILY JACKSON/METRO

Dziekanski case. Perjury charge against Mountie will go ahead, says judge

A judge has refused to throw out a perjury charge against a Mountie accused of lying about what happened when a Polish immigrant was stunned by a Taser and died at Vancouver International Airport.

Const. Gerry Rundel was one of four officers involved in the October 2007 confrontation with Robert Dziekanski that resulted in Dziekanski's death.

A public inquiry was held in 2009, and each officer was called to testify about the incident. Entered as evidence were notes made by the officers, their testimony and video of the encounter from a bystander. The Crown subsequently brought charges against all of the officers, alleging they made up a story for investigators together and then lied at the inquiry to further mask their deception.

THE CANADIAN PRESS

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Look who's coming to dinner

Burnaby. The Addams are all grown up

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Also playing

Disney's Beauty and the Beast runs from February 3 – 8 at the Queen Elizabeth Theatre. Tickets cost $51 to $115.50. More information at BroadwayAcrossCanada.ca.

You probably know the Addams Family. Perhaps you've seen them on television or in a movie theatre. Maybe you've seen them in the New Yorker or in video games.

Or maybe they're your neighbours. I don't know — stranger things have happened.

The point is, the Addams get around. And you can see them singing (and eating) on stage at the Michael J. Fox Theatre in Burnaby, starting Feb. 6.

However, things have changed for the eclectic family in Alight Entertainment's original take. According to advance publicity, Wednesday Addams has grown up "and fallen in love with a sweet, smart young man from a respectable family. If that wasn't upsetting enough, she confides in her father and begs him to keep a secret from his beloved wife, Morticia. Everything will change on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents."

OMG! What's the secret? How will everything change? What's for dinner? These are just a few questions that will — hopefully — be answered during the course of the musical.

Also, awkward dinner party! Who doesn't love those?

Director Chad Matchette says it's a show that, at its core, is about something most of us can relate to: being part of a crazy family. "We may not all have an uncle as weird and crazy as Fester but we've all probably felt at one time or another that our family is the craziest group of people."

The show features a full orchestra with musical direction by Brent Hughes and choreography by Melissa Assalone.

The Addams Family runs Feb. 6 to 21. For details, visit AlignEntertainment.ca.

The creepy and kooky Addams Family is coming to the stage at the Michael J. Fox Theatre in Burnaby this February. CONTRIBUTED

Burnaby woman awarded $1.5 M for '08 injury

A young Burnaby woman who works as a dominatrix has been awarded $1.5 million after a judge determined she suffered a moderate traumatic brain injury in a car accident as a teenager seven years ago.

At the time of the accident in 2008, Alissa Afonina was in Grade 11 and she had scored an A in the Grade 12 film course she had taken, leading to her placement in a specialized Connect Film program, the court was told in a civil trial to determine liability and damages.

B.C. Supreme Court Justice Joel Groves found that the brain injury caused by the single-vehicle crash, in which Afonina was a passenger in a Toyota pickup truck with her brother and mother, left the teen with problems.

One of her teachers, Phil Byrne, told the court that Alissa had been a non-conformist "goth girl" who was very bright — "in the top two per cent in terms of engagement in class activities and assignments."

After the accident, though, Afonina "showed signs of no impulse control, could not carry through and tasks were not done," the teacher told the court. "Instructions had to be repeated to her. Things had to be read over and over. She became socially isolated and began to have outbursts in class. She made sexual comments during these outbursts that were inappropriate."

The teacher described Afonina's memory as "scattered and inconsistent" after the accident.

The judge found the driver Peter Jansson liable because he drove his Tacoma truck too fast for the wet weather conditions. As he rounded a curve with almost bald tires, the vehicle slid off the wet road and crashed in a ditch.

Jansson argued that Afonina was a troubled youth with personal difficulties prior to the accident. The judge preferred evidence the neurologist called on behalf of the plaintiff, who diagnosed Afonina as having a "moderate traumatic brain injury … with memory impairment interfering with new learning and retention."

The neurologist said "it appears unlikely that she will succeed in postsecondary education" but that she "is capable of part-time employment, although her interests are quite restricted and behavioural problems would likely interfere with stable long-term employment."

After the accident, the court was told, Afonina began working as a female dominatrix — a woman who role-plays a dominating partner in a sadomasochistic relationship. The judge cited a previous case that characterized prostitution as a "risky — but legal — activity."

Afonina's lawyer argued his client's chosen work "shows a lack of correct thinking … due to the loss of cognitive functioning from the brain injury."

The judge noted, "I would add that I accept Alissa's evidence that once this matter is resolved and she has the financial wherewithal to support herself, she would not continue work as a dominatrix."

The judge awarded $1.5 million in damages, including $825,000 for loss of future earning capacity. NEAL HALL/METRO

British Columbia

Privacy violations on upswing: Report

Privacy violations are becoming more common in B.C. and the province's privacy watchdog is calling for improved teamwork between the government and her office. Elizabeth Denham's report calls on the provincial government to focus more on training and awareness of the importance of protecting personal information and processes for managing breaches.

Her report says the system of managing breaches is solid, but reporting violations or suspected breaches requires improvement. Her report sites almost 3,800 suspected privacy breaches and over 2,700 actual breaches between April 2010 and December 2013.

THE CANADIAN PRESS

City hall

Councillors to vote on salary review

Local politicians want a third party to determine if they deserve more cash.

Vancouver councillors are set to vote next week on whether to pay for an independent review of their compensation. The review would include park board commissioners, who make $12,000 annually. Councillors earn a base salary of $67,994.

Mayor Gregor Robertson promised an independent review on the first day of his new term, given the higher demands due to the rise of email and social media.

While some might bristle at the idea of politicians giving themselves raises, there has been no change in compensation since 1995.

EMILY JACKSON/METRO

Abbotsford

Lock your car doors, police say

Police in Abbotsford say residents are making life too easy for car thieves.

With 121 thefts from autos and 44 stolen cars reported so far this year, auto crime is up 25 per cent so far compared to January 2014, according to police.

The police department is combating the increase with extra patrols and focusing resources of known chronic offenders, but police are also asking car owners to be more vigilant.

The first step, they say, is to lock their car doors.

In the vast majority of cases this year, vehicles were not locked.

Thieves only had to force their way into vehicles 25 per cent of the time. MATT KIELTYKA/METRO

CSE defends its role in Internet hunt for terrorists

The Communications Security Establishment Canada (CSE) complex is pictured in Ottawa in 2013. SEAN KILPATRICK/THE CANADIAN PRESS FILE

Spy agency. Document says CSE analysts can access information on 10 to 15 million downloads from free sites each day

Canada's electronic spy agency is defending its role in the search for extremists following a report that says it sifts through millions of videos and documents downloaded globally every day through file-sharing services.

Details of the Communications Security Establishment project, called Levitation, are revealed in a 2012 PowerPoint presentation obtained by former U.S. intelligence contractor Edward Snowden, CBC News says. CBC analyzed the document with U.S. news website The Intercept, which obtained it from Snowden. It also posted the presentation online, with some of the information blacked out. The Ottawa-based CSE employs mathematicians, codebreakers, linguists and software experts with the aim of both collecting foreign secrets and shielding Canada's confidences from prying eyes.

The document says that under Levitation, CSE analysts can access information on about 10 to 15 million uploads and downloads of files from free websites each day.

CSE stood by its methods, saying they have helped counter terrorism.

"CSE's foreign signals intelligence has played a vital role in uncovering foreign-based extremists' efforts to attract, radicalize, and train individuals to carry out attacks in Canada and abroad," agency spokesman Ryan Foreman said in an emailed statement Wednesday. THE CANADIAN PRESS

Winnipeg. E. coli samples false negative, mayor says

The most recent tests done on Winnipeg's water supply came back clean Wednesday, but the city's 700,000 residents remained under a boil-water advisory while the results were verified.

Mayor Brian Bowman said it could be Thursday afternoon before yet another round of tests was completed and people would be able to safely drink the water without boiling it first.

"I'm pleased to advise that the testing we've conducted in the last 24 hours has come back negative, which means, according to our experts … (the original samples) are false positives," Bowman said at an update.

Under provincial guidelines, a boil-water advisory cannot be lifted until two consecutive re-tests come back clean.

"The province has the authority to lift the precautionary boil-water advisory. Once we receive that indication, we'll obviously notify Winnipeggers as quickly as possible."

The advisory was put in place Tuesday after coliform and E. coli showed up in extremely low levels in six of 39 water samples taken during routine testing.

Businesses and residents were being told that tap water was safe for bathing and laundry, but were advised to boil it for at least a minute before drinking it.

Officials said the testing and re-testing was being done as quickly as possible. Samples need time to grow in the lab because they are bacteriological tests. THE CANADIAN PRESS

What went wrong?

Geoff Patton, acting director of the Water and Waste Department, said the same worker took all six of the suspect samples, but what went wrong is still a mystery.

Politics

Privacy watchdog expresses concerns over terror laws

Canada's privacy watchdog is expressing early concerns about information-sharing provisions expected in the Conservatives' new anti-terror laws.

Daniel Therrien said he's been briefed on the government's new anti-terror bill, to be tabled in Parliament on Friday, and will be watching the wording of provisions aimed at increasing information sharing. The measures are expected to improve the ability of security agencies to share information and allow security officials to take "proactive measures" much earlier in a terror investigation if they perceive a threat. TORSTAR NEWS SERVICE

Controversy

Feds spend $700K fighting veterans' lawsuit

The federal government has so far spent nearly $700,000 fighting a disgruntled group of wounded Afghan veterans in court — a revelation that on Wednesday rekindled a political controversy the Conservatives had hoped was behind them.

During question period, Prime Minister Stephen Harper tried to cast the ongoing court battle as the legacy of a flawed policy that was foisted on Parliament nine years ago by Paul Martin's government.

"Spending $700,000 a year to fight vets in court is not supporting our troops," NDP Leader Tom Mulcair said. THE CANADIAN PRESS

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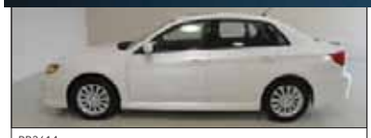

BB3614
2011 SUBARU IMPREZA 2.5I
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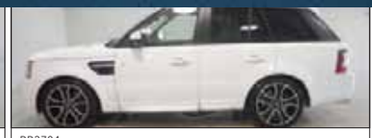
$135 BIWEEKLY @ 72 MONTHS
SALE PRICE $15,488



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2013 LANDROVER RANGEROVER SPORT HSE
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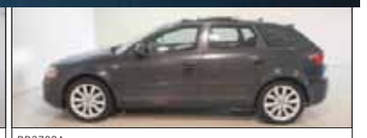

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S15132A
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SALE PRICE $21,988

S15125A
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FWD, power group, A/C, smartphone plug-in, CD player, radio, keyless entry & more
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SALE PRICE $11,888

S15135A
2010 VOLKSWAGEN GTI 3-DR
FWD, power sunroof, navigation, heated leather seats, smartphone plug in & more
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BB3640A
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$188 BIWEEKLY @ 48 MONTHS
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S14848A
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FWD, automatic, power group, CD player, radio, keyless entry & more
$172 BIWEEKLY @ 24 MONTHS
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Jordan offers prisoner swap to ISIL in bid to save pilot

Hostages. Extremists threaten to kill both if would-be hotel bomber not freed

Jordan offered a precedent-setting prisoner swap to ISIL on Wednesday in a desperate attempt to save a Jordanian air-force pilot the militants purportedly threatened to kill along with a Japanese hostage.

Meeting the Islamic State's demand for the release of a would-be hotel bomber linked to al-Qaida would run counter to the kingdom's hard-line approach to the extremists, but the government faces growing domestic pressure to bring the pilot home.

Efforts to release the pilot, Lt. Muath al-Kaseasbeh, and Japanese journalist Kenji Goto gained urgency with the release late Tuesday of a purported online ultimatum claiming ISIL would kill both hostages within 24 hours if the al-Qaida-linked prisoner was not freed.

By Wednesday evening, there was no word on the fate of the hostages and no sign that a swap was underway. In a possible indication of a holdup, Jordan's foreign minister wrote on his Twitter account that Jordan had not received evidence the pilot was alive and healthy.

The scope of a possible swap and of ISIL's demands also remained unclear. Jordanian government spokesman Mohammed al-Momani said Jordan is ready to trade the prisoner, an Iraqi woman convicted of involvement in deadly Amman hotel bombings in 2005, for the pilot. Al-Momani made no mention of Goto, and it was not clear if the swap proposed by Jordan would satisfy the hostage-takers.

Any exchange would set a precedent for negotiating with ISIL, who in the past have not publicly demanded prisoner releases. Jordan's main ally, the United States, opposes negotiations with extremists.

THE ASSOCIATED PRESS

Tokyo

A mother's pleas

In Tokyo, Junko Ishido, the mother of Japanese journalist Kenji Goto — whom ISIL militants are holding and threatened to kill alongside Jordanian pilot Lt. Mu'ath al-Kaseasbeh — appealed publicly to Prime Minister Shinzo Abe. "Please save Kenji's life," Ishido said, begging Abe to work with the Jordanian government until the very end to try to save Goto.

Junko Ishido. THE ASSOCIATED PRESS

A woman watches a TV news program Wednesday in Tokyo reporting on a video posted on YouTube by jihadists on Tuesday that purports to show a still photo of Japanese hostage Kenji Goto holding what appears to be a photo of Jordanian pilot 1st Lt. Mu'ath al-Kaseasbeh. RAAD ADAYLEH/THE ASSOCIATED PRESS

Hezbollah hits Israeli convoy, kills two soldiers

Israeli soldiers treat a wounded soldier near the Israel-Lebanon border on Wednesday. GILI ELIYAHU/JINIPIX/THE CANADIAN PRESS

Missiles fired by the Lebanese Hezbollah group struck an Israeli military convoy on Wednesday, killing two soldiers in an apparent retaliation for a deadly airstrike attributed to Israel that killed six Hezbollah fighters in Syria earlier this month.

It was the deadliest Hezbollah attack against Israeli forces since a 2006 war between the two sides.

Israeli Prime Minister Benjamin Netanyahu said Israel would respond "forcefully" to the attack. The military launched aerial and ground assaults on Hezbollah positions, including at least 50 artillery shells, according to Lebanese officials.

A Spanish peacekeeper was killed in the border flare-up in southern Lebanon.

In a statement, Hezbollah said its fighters destroyed a number of Israeli vehicles that were carrying Israeli officers and soldiers and caused casualties among "enemy ranks." The soldiers' ranks were not immediately known.

Hezbollah said the attack was carried out by a group calling itself the "righteous martyrs of Quneitra," suggesting it was in retaliation for an Israeli airstrike on the Golan Heights on Jan. 18 that killed six Hezbollah fighters and an Iranian general.

Ever since, Israel has braced for a response to the strike, beefing up its air defences and increasing surveillance along its northern frontier.

The Israeli military said several anti-tank missiles hit an Israeli military convoy near Mount Dov and Chebaa Farms, a disputed tract of land where the borders of Israel, Lebanon and Syria meet. The two soldiers were killed in the strike and seven others were wounded, the military said.

About an hour after the attack, mortars were fired at several Israeli military locations on Mount Dov and Mount Hermon, the Israeli military said. No injuries were reported in that attack. The military said it responded with fire toward Lebanese positions and evacuated Israeli visitors from a ski resort in the area. THE ASSOCIATED PRESS

Nigeria

Islamic extremists attack villages

Islamic extremists are rampaging through villages in northeastern Nigeria, killing, burning and looting with no troops protecting civilians, said fleeing villagers on Wednesday.

More than 40 people have been killed in seven villages in Adamawa state this week, according to resident Emmanuel Kwache.

"They slaughtered people like rams and they burned down our houses after looting food," Kwache said. "There's no presence of troops. Some residents are hiding on top of hills, while those that could not run were abducted, particularly youths and women."

THE ASSOCIATED PRESS

Denver

Friend disputes police account of shooting death

A teenage passenger who was in a car when a 17-year-old girl was shot and killed by Denver police has disputed authorities' account of her death, saying officers opened fire before one of them was struck by the vehicle. The shooting occurred amid a national debate about police use of force fuelled by racially charged episodes in Ferguson, Mo., and New York City. The passenger, speaking to The Associated Press on the condition of anonymity, said her friend, Jessica Hernandez, lost control of the vehicle because she was unconscious after being shot.

THE ASSOCIATED PRESS

1961 case

Judge tosses the convictions of nine civil-rights activists

The convictions of nine black South Carolina men who integrated a whites-only lunch counter during the height of the American civil-rights movement were tossed out Wednesday during an emotional hearing before a packed courtroom.

"We cannot rewrite history but we can right history," Judge Mark Hayes said as he made the ruling for the men known as the Friendship 9, and those in court clapped and cheered.

Prosecutor Kevin Brackett apologized to the men — eight of whom were in court. The ninth has died.

THE ASSOCIATED PRESS

Tim Hortons franchises employ 96,000 restaurant workers and are barred from reducing staffing levels under an agreement reached with Burger King, according to Industry Minister James Moore's press secretary, Jake Enwright.
THE CANADIAN PRESS FILE

Tims bound by layoff restrictions

Takeover. Industry Canada says Burger King has agreed to keep 80 per cent of corporate jobs

Ottawa has restricted Burger King from eliminating more than 20 per cent of corporate staff at Tim Hortons' long-time headquarters or regional offices, an Industry Canada spokesman confirms.

The newly-merged company Restaurant Brands International is required to "maintain significant employment levels" of non-restaurant employees as part of the list of commitments the fast food behemoth made to get final approval in December from the federal government to seal the $12.5 billion deal.

Although it wasn't announced at the time, Industry Minister James Moore actually secured a more definitive commitment that Burger King maintain 80 per cent of Tim Hortons' "entire corporate footprint" at both the Oakville head office and regional offices across Canada, said his press secretary, Jake Enwright.

Tim Hortons still refused Wednesday to publicly divulge the exact number of people who were laid off this week, although media speculation has run rampant that up to 40 per cent of middle managers were swept up in the round of layoffs that began Tuesday morning, just six weeks after the controversial takeover was completed.

With an estimated 2,000 employees at both head office and seven regional offices from British Columbia to Nova Scotia and one in the U.S., the restrictions would translate into a maximum of 200 workers impacted.

Enwright pointed out that Tim Hortons franchises, which employ 96,000 restaurant workers, cannot reduce staffing levels under the agreement with Burger King.

When the blockbuster deal was announced last August, critics warned that Burger King's owner 3G Capital, a Brazil-based investment firm, has a track record of paring staff and slashing costs, and would do the same in a Tims takeover. TORSTAR NEWS SERVICE

Market Minute

DOLLAR
79.87¢
(-0.75¢)

TSX
14,602.88 (-231)

OIL
$44.45 US (-$1.78)

GOLD
$1,285.90 US (-$5.80)

Natural gas: $2.866 (-11.5¢)
Dow Jones: 17,191.37 (-195.84)

Sidewalk job hunter snags career

Innovative thinking — and stamina to brave the frigid weather — has finally paid off for Xingyi Yan.

The University of Toronto grad took to Toronto's streets a few months ago with a sandwich-board sign advertising that she was available for hire. Now, she's a search analyst at advertising company Reprise Media.

The unconventional job-hunting strategy drew plenty of criticism. One person, Yan said, told her she was "humiliating" herself by begging for a job.

Regardless, she has no regrets. "It got me a job in my dream career," Yan said.

Her new job ties in with her effort. Someone who passed Yan on the street took her resumé, referred her to a network for marketing professionals and she spotted the opening at Reprise Media.

A week later, she had a job interview.

Overall, Yan said, she landed more than a dozen job interview opportunities out of the campaign.

Generally, bold moves like Yan's either hook potential employers or turn them away altogether, said Robin Giang, a human resources manager in Toronto.
GILBERT NGABO/METRO IN TORONTO

Xingyi Yan at her desk at Reprise Media where she landed a job after taking to the streets for weeks with a placard, handing out resumes.
CARLOS OSORIO/TORSTAR NEWS SERVICE

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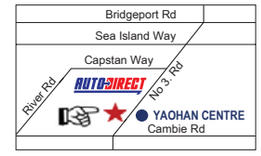

VOICES

CRIMINALIZING DISSENT

Terrorism "endorsement" law a half-baked idea that would make free thought illegal

OMAR MOUALLEM
readers@metronews.ca

Last Sunday, Prime Minister Stephen Harper, standing before a humongous Canadian flag, promised a new anti-terror bill that would "help authorities stop planned attacks, get threats off our streets and" — insert record scratch — "criminalize the promotion of terrorism."

Such a law is intended to prevent another Parliament shooting, but without a Criminal Code definition of "terrorism" (just a robust definition of "terrorist activity"), does it also leave us vulnerable to an attack on free expression?

We can assume Harper was referring to jihadi terrorism — not environmental terrorism or white supremacist terrorism — since that was the crux of his campaign-tinged speech at an Ottawa secondary school. But we'll see tomorrow, as he is poised to unveil the proposed legislation Friday. The Liberals are backing it.

"Glorification of terrorism" laws have been on Harper's radar for a while, and they've intensified after incidents in October that claimed the lives of two Canadian soldiers — one in Quebec and another in Ottawa on Parliament Hill. French authorities recently used a glorification law to arrest comedian Dieudonné M'bala M'bala, who posted "I feel like Charlie Coulibaly" (Coulibaly being the last name of one of the Paris gunmen) on Facebook.

Two researchers, from the universities of British Columbia and Waterloo, recently assessed a prospective glorification law for Canada and concluded: "The chill effect on speech would be potentially enormous ... The measures may also be counterproductive, diminishing the very speech that may contain strategic and tactical intelligence for counter-terrorism investigators."

To be clear, our Charter of Rights and Freedoms already prohibits expressions of violence, threats of violence and general hate propaganda. With sweeping powers such as preventative detention already in its possession, it's difficult to understand why law enforcement needs anything more.

Criminalizing "endorsements of terror" could target speech with only vague intent.

And the law doesn't like vagueness. It recoils at vagueness. It shrivels and breaks apart.

An endorsement, we can assume, is a public or private approval of terrorism — systematic violence to coerce a government or community (I'm just deferring to the Oxford dictionary now, since I can't rely on the criminal code for a definition yet). A Canadian might endorse or glorify terrorism because he or she is trying to test the waters with their audience and organize an attack, sure, but a Canadian might also do so for more complex reasons that we won't begin to understand if we pre-emptively shush them.

Some Canadians' families are from countries where their elected governments are also threats to national security, or belong to a marginalized ethnic group that, overseas, is protected by a certified terrorist organization.

Prepare to read many "endorsements" of terrorism as Israel prepares to retaliate against Lebanon for the killing of two IDF soldiers by Hezbollah missiles.

Are they, and anyone who retweets an ISIL beheading video, or likes M'bala's comments, guilty by association?

And what else are we willing to criminalize in the name of small security?

Regardless of how shocking and, yes, potentially dangerous, these "endorsements" may be, they have the right to be expressed — then criticized, debated or mocked.

Apparently, though, this isn't enough for the Harper government.

Is it enough for you?

Omar Mouallem is an Edmonton-based writer and editor of The Yards.

No good deed goes unpunished by law enforcement

KRISTEN THOMPSON
readers@metronews.ca

I'm your average Canadian — polite, apologetic and law-abiding. I like that rules are in place to maintain order and fairness.

But there's something wrong with a legal system that punishes Good Samaritans — and by extension the people they are trying to help.

Take the recent story of a Calgary woman who was fined $250 for giving her transit pass to a man who was down on his luck. The woman, who had two passes, says she was trying to be generous by gifting her pass to someone in need. A transit officer fined them both.

"It's not about the money or the fine, but about the way David was treated," the woman told Metro in a recent interview. "Calgary is supposed to be a place where we look out for each other."

She's right. Rules, 99 per cent of the time, should be enforced. But if we can't make exceptions for those cases when mistakes are made or, when a broken rule helps give someone a boost, then we've become automatons with no capacity for discretion and compassion.

The enforcement of draconian rules — simply because they are rules — happens a lot.

Sgt. Al Lerner speaks with Arnold Abbott, a 90-year-old chef, as he warns him that he will be cited for feeding the homeless in violation of a city law in Fort Lauderdale, Fla. in November. JOE RAEDLE/GETTY IMAGES FILE

A Toronto restaurant that caters to disabled diners is facing tens of thousands of dollars in fines from the city because a newly built ramp violates a bylaw by several centimetres. Rules are rules, says the city, and the expensive ramp must be dismantled.

Then there are the municipalities, at least 30 in the U.S., that are cracking down on food distribution programs for the homeless. In a shocking example of NIMBYism, Fort Lauderdale, Fla., "feeding sites" must now be more than 500 feet away from residential properties and must not operate outdoors. In that city, a 90-year-old man — who, along with two ministers has been feeding the homeless in public for 23 years now — faces jail time and a fine for the crime of handing out food to the hungry.

I've run into similar situations on a much smaller scale. On a recent flight, a fellow passenger with splints on her arms asked me to lift her carry-on into the overhead storage. A flight attendant put a quick stop to this, informing us that no one except the passenger was permitted to lift luggage on the plane. Neither of us was fined, obviously, but it was another case of hard-and-fast rule-following that seemed ridiculous given the situation.

We, the rule followers and rule enforcers, need to ask ourselves two questions: First, who are these laws protecting? Anyone? No one? And who are these laws hurting? The needy? The giving?

Rules are there to protect us, to make the world better and safer. But zero-tolerance policies are missing the point, and when our laws hurt rather then help, they are not really doing their job.

Follow Kristen Thompson on Twitter at @KristenThom

Correction

In a column published on the Voices page on Jan. 28, Metro incorrectly identified a woman killed in Winnipeg. Her name is Tina Fontaine. Metro regrets the error.

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Gabrielle Union ALL PHOTOS: GETTY IMAGES

Gabrielle Union makes us all feel really old

Being Mary Jane star Gabrielle Union takes issue with some of the tactics of those reporting on Hollywood. "The fact that I can do a press junket for a movie and people ask what's happening in my uterus says a lot," she tells Yahoo Style.

"They want 110 per cent of what you have to offer."

I sincerely hope she's talking about what she as an actress and celebrity has to offer, and not what her uterus has to offer, because that's just weird.

But she has some other things to talk about, too, like how she would cast a reboot of Bring It On.

Wait, hold on, that movie is 15 years old, and Union still looks pretty much the same as she did when she filmed it. Why would anyone be talking about rebooting it?

Anyway, hypothetically speaking, here's what she thinks: For her role? Keke Palmer, with Dakota Fanning taking over the Kirsten Dunst role and Selena Gomez stepping into Eliza Dushku's "bad-girl role." Way to make us all feel old, Gabrielle.

Lindsay Lohan

More legal woes for Lindsay Lohan

Did Lindsay Lohan forget some of her court-mandated obligations when she packed up and moved to London last year? That's what prosecutors worry, and they may be looking to lock her up if she can't prove she's completed the 240 hours of court-mandated community service she was assigned for her 2012 reckless driving case. Santa Monica Chief Deputy City Attorney Terry White says he doubts Lohan completed 80 hours of community service in nine days as documentation presented by Lohan's attorney on Wednesday claims. WITH FILES FROM THE ASSOCIATED PRESS

Sam Smith wants the fame, but not the flaws

In a candid, far-reaching GQ Magazine interview, Grammy nominee Sam Smith reveals his desires to be a pop star — but not, you know, be a pop star. If that makes any sense. "I don't want to lose my mind or my humour. I want to be a pop star, but I also don't want to be a pop star," he says. "I will never act like some of the current pop stars have acted toward me. We can be friends, you know? We can. It's not a competition. There's space for all of us." Frustratingly, he does not name names, but who wants to make guesses as to which divas he's talking about?

Sam Smith

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Horrors! Genre-bending author makes everyone else look lazy

Fiction. Novelist, director, producer and screenplay writer Seth Grahame-Smith is also part of the writing team for this year's Academy Awards

Abraham Lincoln: Vampire Hunter author Seth Grahame-Smith's new novel, The Last American Vampire, is in stores. GETTY IMAGES

Seth Grahame-Smith's life could be described as a mash-up. He's author of the best-seller Abraham Lincoln: Vampire Hunter, and the followup — The Last American Vampire — is now in stores.

Grahame-Smith is also busy with several other projects, including his directorial debut on the film Something Wicked This Way Comes, writing and co-producing the sequel to Beetlejuice, writing two Lego movies and writing a pilot for CBS.

He's also on the writing team for this year's Academy Awards. In a recent interview, Grahame-Smith said the Oscars have always been a big deal in the Grahame-Smith household" and that he usually throws viewing parties when the awards are presented. This year, he'll be "in a tux, backstage. That'll be fun."

In a recent interview, the 39-year-old talked about his new book, juggling projects and teaching through entertainment.

Should you get credit for creating the mash-up?

I don't think that Pride and Prejudice and Zombies or Abraham Lincoln: Vampire Hunter created the mash-up, I just think they popularized it. I think there were mash-ups before, and I think, there were certainly people blending genres, and writers way better than me and far longer ago, who were playing with the idea of mixing fantasy and horror or mixing science-fiction with romance. I think I just happen to do it in a very loud and obnoxious way and was lucky enough to do it a time when people were receptive to it.

You write about historical figures and vampires and zombies, but you do a lot of research for your books. There are facts in these stories.

I give you some medicine with your sugar. I give you a little bit of real history — just enough so you know something about that time period so you can discuss it at a dinner party; as long as you don't go further than that and add the part where vampires start cutting each other's heads off and everything.

How do you keep track of your projects?

A typical day now might be: I work on some Lego movie stuff, I work on some Beetlejuice stuff and then I jump over here and work on Oscars, and then I jump back and I work on who knows what else, but it's great! I love being busy. I love the challenge of it, I love the engagement of it ... At some point all of this goes away and, you know, you get bounced out of the writing business or bounced out of Hollywood one way or another. Almost everybody does. So, I'm just trying to enjoy it while it lasts.

Do you ever procrastinate when you're writing?

I procrastinate all day. In 12 hours of sitting at the computer desk every day, I probably do 2-1/2 hours of writing, if I'm being generous. Because there are other things going on. There are phone calls to be returned, there are meetings to be had, lunches to go to, there are emails to browse through and then ... who doesn't love Twitter or Facebook or Reddit or Gawker or Gizmoto or Huffington Post or any of the 2,000 sites I read religiously every day, all day? You need to keep the writing muscles in shape.

THE ASSOCIATED PRESS

Sequel. Next entry in Stieg Larsson's Salander series arrives in August

Stieg Larsson's trilogy featuring Lisbeth Salander is a worldwide hit. AFP

A sequel to late Swedish author Stieg Larsson's best-selling Millennium crime trilogy will go on sale in at least 35 countries in August, the book's publishers said Tuesday.

That Which Does Not Kill was completed by David Lagercrantz, known for co-authoring Swedish soccer star Zlatan Ibrahimovic's autobiography. He stands in for Larsson, who died of a heart attack in 2004 at the age of 50.

The book will continue the story of the troubled but resourceful heroine Lisbeth Salander, first made famous in Larsson's The Girl with the Dragon Tattoo.

But the author remained tight-lipped about the meaning of the title or what direction the action-packed political thriller — 500 pages long in Swedish — will take.

"What I wanted to make use of in the book was the vast mythology that Stieg Larsson left behind, the world he created," Lagercrantz told the daily Dagens Nyheter, adding that he remained loyal to Larsson's writing style, which weaved criticism of social and political issues with criminal intrigue.

"Lisbeth Salander's not just any superhero. She's not only great because of her talents, but also because of her context and background." AFP

Salander sequel

- At the time of his death Larsson reportedly had plans to write at least another seven novels.
- Larsson's publishers, Nordstedts, say the first three books in the Lisbeth Salander series have sold 80 million copies worldwide since the first book went on sale in 2005.
- The Aug. 27 release of the next book is being compared to the hype surrounding Dan Brown's Da Vinci Code in 2003.

Hornby on Hollywood: What comes next for one-hit wonders

Nick Hornby MIRIAM DOUGLAS

Fiction. New novel Funny Girl asks big questions about the meaning of success

EMILY LAURENCE
Metro in New York City

Although Nick Hornby's seventh novel, Funny Girl, is set in the 1960s, the premise couldn't be more relevant today: How do you live after an enormous amount of success comes to define your life?

"We see it all the time," Hornby says. "People make one show, one album, one movie or one book. How do you cope with that afterwards?"

Funny Girl, which will be published Feb. 3, follows a small-town girl named Barbara who moves to London with big dreams of becoming the next Lucille Ball. The blessing and the curse is Barbara is beautiful, which doesn't lend itself to being cast in comic roles.

"When I was working on An Education (for which Hornby wrote the screenplay), Rosamund Pike said to me that she wanted to do the comic role in the movie because she wasn't allowed to be funny very often.

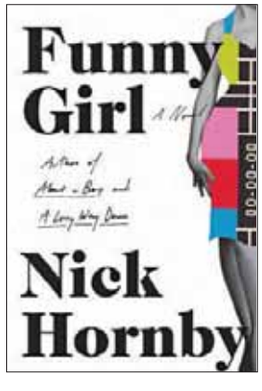
"And that was all she said, but I was thinking about that and how maybe the way she looks means she only gets a certain type of part."

In the book, Barbara does land a leading sitcom role and becomes one of the most famous actresses in Britain. She's an enjoyable character, but the supportive characters are just as colourful.

There's Clive, her skirt-chasing TV husband; the director Dennis, who pines after Barbara although she's with Clive on-and-off; and the writers Bill and Tony, who met in prison after they were arrested for trying to pick up men in the restroom. (This being the 1960s, homosexuality was illegal.)

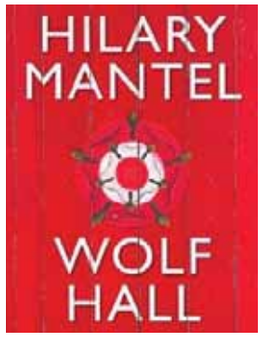
The book doesn't stay in the '60s. It brings readers right up to 2015, with the characters in their 70s.

So how does each character deal with the dimming of their success? There will be no spoilers here, only a tease: It's vastly different for everyone, and you'll close the book thinking it's Hornby's best.



Homeland star heads home to become king

Book to TV. After his award-winning role as Brody, Damian Lewis will play Henry VIII in Hilary Mantel's six-part Wolf Hall series on PBS



Damian Lewis says Henry VIII was more complex than the philandering Elvis character most people know. CONTRIBUTED

For some Homeland fans, it will be hard to imagine treasonous sleeper agent Nicholas Brody as King Henry VIII in Wolf Hall on PBS.

Heck, most fans likely don't know that the all-American marine portrayed so ably by Damian Lewis is actually British. Lewis, along with his perfect American accent, was convincing enough in his portrayal of the tough, conflicted character to win both an Emmy and a Golden Globe. Now he gets to play the most quintessential of British monarchs.

"Henry as a brand is right up there with Coca-Cola," says Lewis at the Television Critics Association conference.

"The scholarship in the book is absolutely true and accurate. And it's a reimagined world in which she (author Hilary Mantel) just gets in behind closed doors with these characters. I think Henry is a capricious, mercurial man and a man who I hope, in this rendering of him, isn't simply the syphilitic, philandering Elvis that people have tended to think he is. Actually, he was a more complex man than that."

The six-part series, which starts April 5, is based on Mantel's Wolf Hall, the Man Booker Prize-winning historical novel set in 1520 that charts the rise of Thomas Cromwell to power during the reign of Henry VIII.

Cromwell, born to a working-class family, would become the most powerful adviser to the king during a turbulent era that included the Protestant reformation.

Lewis did some research for the role and discovered that the king was rather vain, including the fact that he liked to show off his calves.

"They basically put me in leggings, so I don't get to show them off that much," joked Lewis. "But Henry was a man who actually sought out and pursued romantic love. He wanted the normalizing experience of courtship. He liked to write love poems, sonnets. He wanted a woman that he could fall in love with and would fall in love with him. It was a normalizing experience that he sought."

The Masterpiece Theatre series has an all-star team, including veteran theatre and Tony Award-winner Mark Rylance playing Cromwell and director Peter Kosminsky, who directed Ralph Fiennes in Wuthering Heights.

"Peter shoots it in such a beautiful, unfussy, unpresentational way, it's very immediate," says Lewis. "So the camera is very still. Rather than just hard cuts and music scores, which is a sort of macho, quick, you know, muscular way of moving through a film, the film has an incredible sensuality to it.

"You just start to hear people breathing, and you get the rustle of the clothing, and you start to smell the room and feel the candlelight. And that was something that struck me when I watched it. It was a pleasurable experience."

TORSTAR NEWS SERVICE

Togetherness stoked by bond of brothers Duplass

Cable television. Jay and Mark Duplass' HBO comedy Togetherness explores romance, work and brotherly love

Brothers Jay, left, and Mark Duplass on the set of their first series Togetherness. PRASHANT GUPTA/HBO/THE ASSOCIATED PRESS

Steps have been taken to avoid any mix-up distinguishing the voices — Mark's from Jay's — when the tape is transcribed. But the Duplass brothers assure their interviewer that, whether they're discussing their films or anything else, they don't care which name is attached to a quote.

"We share the same brain," Mark explains.

At any rate, they enjoy free access to each other's brain: "We are both obsessed with the human condition," says Jay, "and we're constantly in conversation about it."

The conversation continues as they join a reporter at HBO to publicize their first TV series, Togetherness, which runs Sunday at 9:30 p.m. EST.

Togetherness is worth catching up on. Funny, painful and (for a certain demographic) all too relatable, it exudes the singular voice of this hydra-headed duo whose many hats include writing, producing, directing and, in Mark's case, headlining.

He plays Brett, a sound engineer and family man who has hit a wall in both his career and marriage. His wife, Michelle (played by Melanie Lynskey), feels imprisoned as a stay-at-home mom.

Adding to the ferment is her sister Tina (Amanda Peet), a wayward hottie who lands in their Los Angeles home after splitting from Houston. Rounding out this domestic quartet is Mark's best friend, Alex (Steve Zissis), an out-of-work actor seeking refuge on the couple's couch.

"The more messed up we made them, the more it gave us to love, and root for, in them," says Mark.

"They are trying very hard to be good people, spouses and parents, and to support each other — but then they feel like, 'I need to get the (heck) out of here! I need some space!' That's how Jay and I sometimes perceive our lives."

The Duplass brothers grew up in New Orleans and, from childhood, made films.

Early on, they were bewitched by John Cassavetes and his brooding cinéma-verité style, says Mark, "but we also loved Dumb and Dumber. We see the seriousness and gravity in things. But we also giggle. That combination of the sad and the funny is what we do."

After struggling through their 20s, they scored in 2005 with The Puffy Chair," which they jointly wrote, directed and produced, with Mark as its protagonist. It was followed by such films as Cyrus, starring John C. Reilly, Jonah Hill and Marisa Tomei, and Jeff Who Lives at Home, starring Jason Segel and Ed Helms. Then this fraternal order (Mark now is 38, Jay is 41) took on middle-age angst.

"By then, each of us was married with two small kids," says Jay, "and everyone was like, 'You have it all: a beautiful family, a career, a wonderful house.' But in our minds was, 'I'm sleep-deprived. I don't have two seconds to myself. My life is dominated by a tiny little being that wakes up every two hours.'"

"All we wanted," Mark says, "was to be sleeping on someone's couch, then wake up and binge on Netflix."

Not the sort of thing you could say to most people. Certainly not to Steve Zissis, their close friend since high school whose youthful promise thus far had gone unrealized, both romantically and professionally.

"He was dreaming about how beautiful our lives were," says Jay with a laugh, "but we were thinking: He can sit down and eat a sandwich without being interrupted 15 times in a row."

Togetherness began to take form with Zissis a key element — "It's been part of our life's mission to show the world how amazing he is," Jay explains.

THE ASSOCIATED PRESS

San Francisco is constantly reinventing itself and offering something new for visitors. SAN FRANCISCO TRAVEL ASSOCIATION/CAN BALCIOGLU PHOTO

Sit on the dock of the bay

Destinations. San Francisco and Maui offer something for everyone when looking to get away

VAWN HIMMELSBACH
For Metro

This time of year has most Canadians dreaming about anywhere but home. Nowadays, though, travellers want more than tan lines — they are looking for adventure, culture and culinary experiences (and maybe a tan, too).

Two of this year's top travel destinations are not unfamiliar to Canadians, but they offer something for everyone, whether you are looking to get your heart racing or take it down a notch. And there's no need to bring a winter parka or toque.

The Golden Gate Bridge. Alcatraz. Pier 39. These are all must-dos in San Francisco, but this city is constantly reinventing itself and offering something new. It has a big-city feel, but is geographically small (only 49 square miles), so it's easy to get around, and the weather is mild year-round.

"Make sure and take a day to explore a neighbourhood — go to the Mission District and find a wonderful bakery or taqueria, or go to Dogpatch and The Museum of Craft and Design," said Laurie Armstrong, director of media relations for the U.S. and Canada with the San Francisco Travel Association.

Clement Street in Richmond "has to be the most international street in the city," Armstrong added, with cuisine ranging from Burmese and Cambodian to Russian and French.

For views of the bay, head to the Presidio, a former military post converted into an urban national park. With everything from a social club to hiking trails, it's worth a visit on Sundays for the Presidio Picnic, complete with food trucks and DJs. Or head to Treasure Island in the middle of the bay — once a naval base — for tastings at incubator wineries.

San Francisco has long had a reputation for its culinary scene — Michelin recently awarded Benu and Saison in the city's SoMa district the highest rating in its 2015 eating guide. Indeed, there are 42 restaurants in the Bay Area with Michelin stars.

But it's not all high-end dining. Head to San Francisco's diverse neighbourhoods for authentic eats, from dim sum in Chinatown to burritos in the Mission District — or check out weird food trends that one can only find in San Francisco, like peanut butter curry ice cream at Humphry Slocombe.

Take time to explore a neighbourhood when you travel to San Francisco. SAN FRANCISCO TRAVEL ASSOCIATION PHOTO

Maui. Natural beauty and natural delicacies

While San Francisco has long been known as a gastronomic trendsetter, Maui is starting to make a name for itself in the culinary world by going back in time.

The farm-to-fork movement is evident in many of the island's restaurants; the resort areas of Lahaina, Kaanapali, Kapulua and Wailea offer local delicacies from acclaimed chefs. But visitors can also find the ingredients used in their favourite dishes at Maui's plantations and farms.

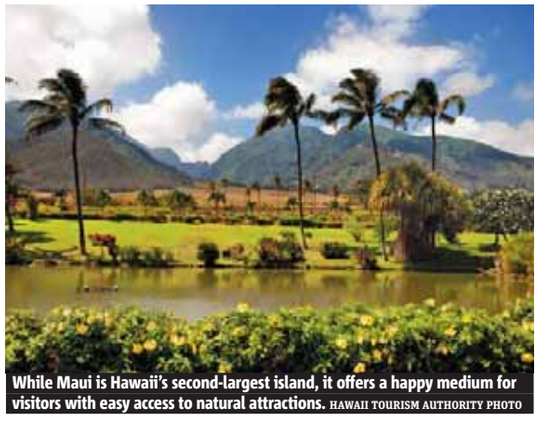
Take a tour of Oo Farm, owned by Chef James McDonald of PacificO, IO and the Feast of Lele. Milk a goat (or just learn about the cheese-making process) at Surfing Goat Dairy. Discover seasonal products such as ulu at Upcountry Farmers Market. Maui also has a number of farm-to-table culinary events worth planning a trip around.

"We're becoming a much more popular destination for culinary travel," said Charlene Kauhane, a consultant with the Maui Visitors & Convention Bureau. That being said, visitors still head to Maui for its natural beauty.

Maui is an outdoor playground, with more than 80 beaches and a combined shoreline of 120 miles. HAWAII TOURISM AUTHORITY PHOTO

Maui is an outdoor playground, with more than 80 beaches and a combined shoreline of 120 miles. But there's more to do than lie around a resort all day.

Navigate 600 curves and 54 bridges along one of the world's most scenic drives on the road to Hana, which hugs Maui's rugged eastern coastline. Only 52 miles, this road trip can take two to four hours, but offers stunning island views around every hairpin turn.



While Maui is Hawaii's second-largest island, it offers a happy medium for visitors with easy access to natural attractions. HAWAII TOURISM AUTHORITY PHOTO

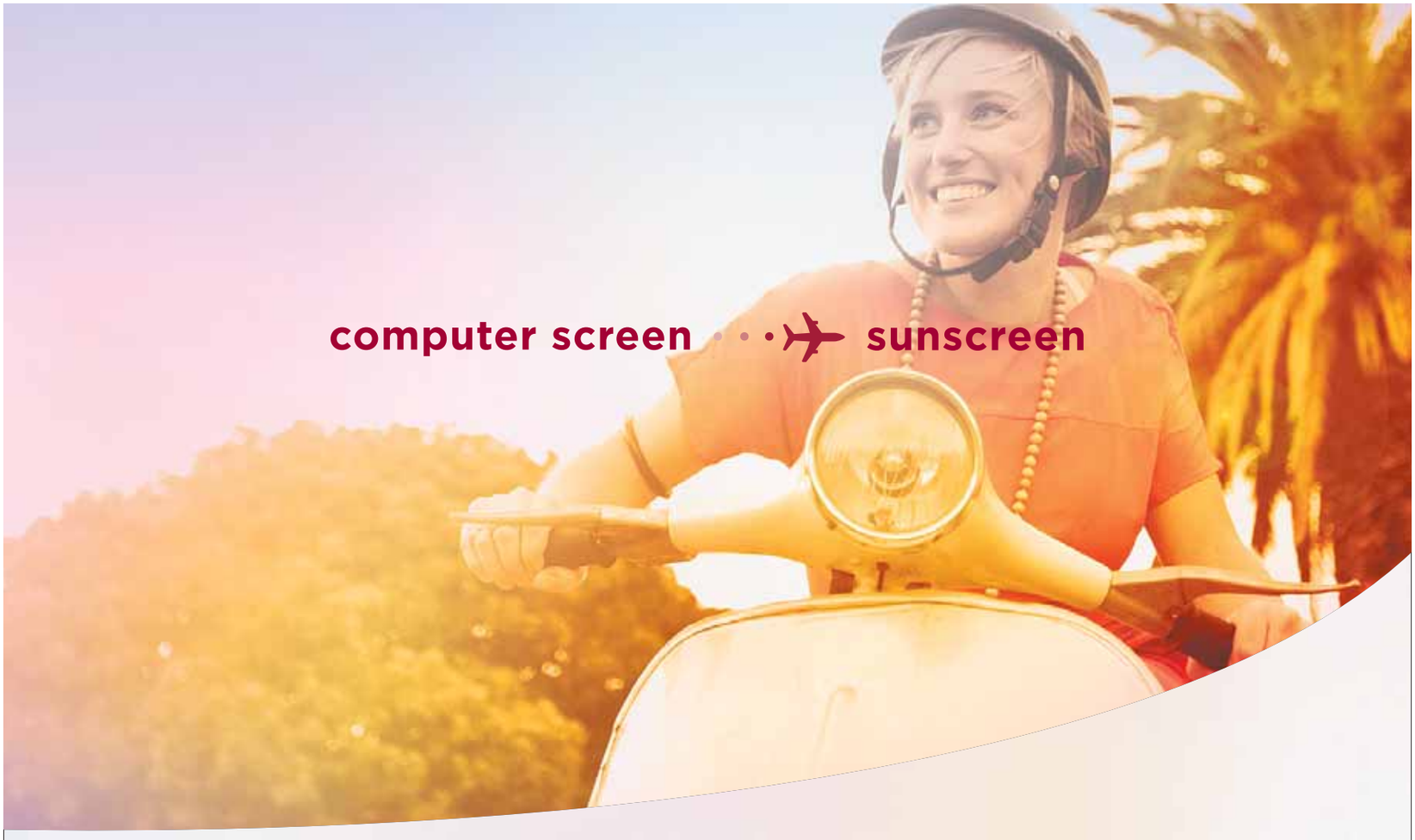
Just south of Hana are the Pools of Oheo (part of Haleakala National Park) — tiered pools fed by waterfalls. After a dip, hike through forests of bamboo, or follow the Pipiwai Trail to the 400-foot Waimoku Falls. The park is home to Maui's highest peak at more than 10,000 feet above sea level — and while many visitors wake up early to watch the sunrise from the summit of Haleakala, there are plenty of hiking trails that offer more solitude; it's even possible to camp here.

While perhaps not as famous as Oahu's North Shore, Maui has its own big-wave surf spots, including Honolua Bay and Hookipa Beach in Paia. Peahi, or "Jaws," is known for monster waves up to 70 feet tall, generated by winter storm swells travelling over a barrier reef (a surf spot best left to the pros). Hookipa Beach is also considered the windsurfing capital of the world.

While Maui is Hawaii's second-largest island, it offers a happy medium for visitors, Kauhane said, with beaches, an urban scene and easy access to natural attractions.

"You can watch the sunrise on a dormant volcano and in the afternoon be back at the beach," she said.

VAWN HIMMELSBACH/FOR METRO



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Right this way to a new lingerie

Style. Flamboyant or minimalist, here are the coming season's undergarment trends

The organizers of the Parisian trade show Salon International de la Lingerie presented some of the leading underwear trends for Fall-Winter 2015-2016 this week.

The season offers something for everyone, with lingerie that is sophisticated, seductive, simple, or all of the above.

Last year, an overriding trend emerged from the lingerie collections in Paris: "erotic glam."

Designers presented their undergarments as tools of seduction that were sexy, or even kinky, yet always glamorous and refined.

While this vision still shows through in some of the Fall-Winter 2015-2016 collections, there is much more diversity in the lingerie world this season.

Underwear brands have designed collections to suit every woman, from those who think seduction starts with comfort to those looking for extravagance above all else.

Madame Aime is pointing up minimalist chic this season in simple yet seductive pieces such as this partially sheer bodysuit.
MADAME AIME / AFP

The provocative '80s

From outerwear to lingerie, the styles of the '80s have influenced fashion for more than three decades now.

But lingerie designers are taking things to a new level this year with eccentric, often unconventional pieces inspired by the decade of big hair. For the most part, this means amplified volume and flashy colours.

Sexy, seductive and exuberant, the woman of the '80s has long been represented in lingerie by French designer Chantal Thomass, who has never hesitated to redefine the feminine silhouette.

This year, however, several other designers have taken on a similarly decadent style.

Their collections are full of push-up bras, high-waist panties and corsets, all in high-end materials such as silk and lace, with refined accents such as jewels, Lurex embroidery or gold thread.

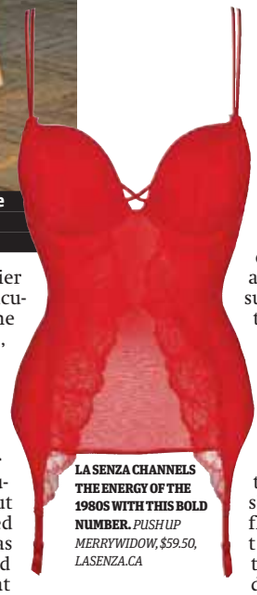
I.D. Sarrieri, for example, designed a bustier that places particular emphasis on the breasts and the hips, calling to mind Jean Paul Gaultier designs.

Huit has decked out its latest collection with silver thread, while Aubade chose to put lace in unexpected places, such as around the neck and in a garter belt that laces up around the waist.

Victoria's Secret keeps it simple with a toned-down baby-doll. $39.50, victoriassecret.com

'90s-style minimalism

On the other hand, some of the new collections reflect the minimalist styles of the '90s, playing up comfort and simplicity rather than showy decoration. Some designers are even presenting versatile items to be worn either as lingerie or as outer apparel, such as bras that can pass as crop tops or bandeaus.



LA SENZA CHANNELS THE ENERGY OF THE 1980S WITH THIS BOLD NUMBER. *PUSH UP MERRYWIDOW, $59.50, LASENZA.CA*

Still sexy, of course, these designs reflect the thinking that seduction is more about natural confidence than sophisticated adornment.

Bodysuits and athletic-style bras (without cups) are among the leading examples of this trend, seen mainly in neutral shades (white, black, brown, grey, beige). Madame Aime and Fishbelly lead the charge, presenting sportswear-inspired ensembles that simply hug the body's natural curves rather than reshaping them. AFP

Capsule collection

Louboutin and Von Teese launch lingerie line

Parisian shoe designer Christian Louboutin has teamed up with American burlesque star Dita Von Teese on a new capsule collection.

The seven-piece line includes a bra, bodice and suspenders, all featuring black lace and an all-over print designed by Louboutin, and also decorated with red Swarovski crystals.

The print includes Rococo-style scenes with sexy burlesque dancers, French maids and male lovers draped in sheets, as well as Louboutin's famous red-soled shoes, of course. The XXXtian pieces are available exclusively from Glamuse.com.

Trends Report

New year, new 'do

Go online to Trends Report to see why going grey on purpose is one of the top hair colouring trends this season.

FOLLOW TRENDS REPORT COLUMNIST IRENE KUAN ON TWITTER: @METROIRENEK AND ON INSTAGRAM: @KUANIRENE

Canadian street style

Name: Talia Brown

Age: 30

Occupation: Stylist and personal shopper

What she's wearing
Aritzia hat, Free People dress, Club Monaco sweatshirt, Sentaler coat, Tristan cape, Calvin Klein tights, Pour La Victoire shoes, Bag Givenchy.

Her inspiration
"Classic Bohemian, ready to take on the cold winter weather. Layers can come and go as the sun does."

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Colourful to boot

Doc Martens turn red and blue for spring

The British brand is giving three of its iconic footwear designs a monochrome makeover this season, turning everything from the soles to the laces blue or red. Poppy red and bright blue are the colours of the coming season, according to Dr. Martens. The brand decided to expand its offering of monochrome footwear with two shades that are sure to get fashionistas' feet noticed. Three leather models have been transformed for this special collection: the Alexei brogue, the three-eyelet 1461 shoe and the eight-eyelet 1460 boot. AFP

METRO SPACES

Luxurious living in the heart of the city

Downtown Vancouver is a hub for fashion, lifestyle, entertainment, and culture. It's a great place for the discerning homeowner and the savvy investor.

At 999 Seymour — a new collection of 134 high-rise condos by award-winning developer Townline Homes — the quality of the homes and the value of the location are obvious.

"The neighbourhood is a wonderful investment, whether you're living here, staying here on game nights, or renting it out," says Chris Colbeck, vice president of sales and marketing at Townline.

Interest in 999 Seymour has been extremely strong and now with just a few studio homes remaining and prices starting at $345,900 including net sales tax, these homes are a very attractive and affordable investment in downtown Vancouver's most central and walkable locations — Granville Entertainment District, Yaletown, and the Vancouver Business District. There is even a Nesters Grocery right across the street. The development is ready to move into now, so buyers can make immediate use of their investment, whether as a rental property, a home in the heart of Vancouver, or a pied-à-terre for downsizers looking for a nest in the city.

Located at Nelson and Seymour in Vancouver's downtown core, 999 Seymour has everything for foodies, sports fanatics, music nerds, and culture vultures.

The development is at the crux of downtown's key areas. The Granville Street entertainment district is packed with performance venues that bring in some of the city's hottest shows.

Inside, the modern, efficient interior finishes and energy-efficient features give residents everything they need to live well. Buyers also receive a one-year Zipcar membership and a $500 gift certificate toward a new bike.

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The social lounge features a flat-screen TV, pool table, and bar kitchen to entertain your guests.

The landscaped outdoor terrace, with its open-air fire pit, lounge-style seating, and barbecue, offers a picturesque view of Vancouver's skyline.

The display suite at 999 Seymour is now open by appointment. Call 604-879-9996 or visit 999seymour.com.

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* Refers to net (owner occupied) GST and applicable transition tax. Prices and incentives are subject to change without notice. Purchasers will receive a $500 gift certificate to purchase a new urban bike. The Developer reserves the right to make changes or modifications to the information contained herein. See sales rep for details. E. & O. E.

999 SEYMOUR AT NELSON

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AFFORDABLE WATERFRONT HOMES

RIVERSKY'S TOWERS CLOSE TO SKYTRAIN STATION, AMENITIES

You don't have to be able to afford Coal Harbour prices to own a home at the waterfront. RiverSky, a new condo development by Bosa Properties on the edge of the Fraser River in New Westminster, is proof.

"Bosa offers a fresh perspective for homebuyers who thought waterfront living was beyond their reach," says Judy Graham, sales manager of RiverSky. "We're making it affordable to live on the water."

Situated on New Westminster's Esplanade boardwalk, near the city's iconic River Market, RiverSky's one-, two-, and three-bedroom homes come with stunning river and city views, and start at $229,900. Sales are set to launch soon.

"RiverSky is more affordable than any other waterfront community in Richmond, Coal Harbour, downtown Vancouver," says Graham. "New Westminster is the place where smart homebuyers and investors are going. It's central and it's affordable."

In RiverSky's two towers, which rise up from the river's edge beside the River Market, residents can take advantage of useful, high-quality amenities that will make them never want to leave home.

Take a book and relax in RiverSky's innovative outdoor green spaces. Fulfill your fitness potential and keep it up at RiverSky's fitness room and entertainment lounge with a private dining room, exclusive to residents.

On the main floor, access convenient shops and services at RiverSky's Shopping Mews.

Accessibility is second-to-none, says Graham: RiverSky is steps from New Westminster SkyTrain Station, giving residents a fast-track to downtown Vancouver, Metrotown, Surrey and the Vancouver International Airport.

"RiverSky is positioned exactly where residents need to be to take advantage of local shops and services, and anywhere else they need to go via the SkyTrain, yet homes are affordable, and the views are gorgeous," says Graham. "It's quite spectacular when you have the boardwalk at your front steps."

Take in the culture and personality

Culture isn't a fad in New Westminster. It's a way of life.

The oldest city in Greater Vancouver was established as the capital of B.C. in 1859 and has the architecture to prove it.

"The city's vintage feel combined with the clean modernism of its new developments give it a distinctive personality," says Anderson Hsu, sales manager of RiverSky, a new condo development on the New Westminster riverfront.

Columbia Street, the city's original high street, is one of New Westminster's best preserved collections of historical buildings. Fun and funky local shops, restaurants and cafés now reside inside the ornate carved stone building facades, making Columbia Street a great place to shop, or meet a friend for coffee.

CONTRIBUTED IMAGES

The shops of Columbia Street are just a two-minute walk from RiverSky. And the River Market is right next door, where residents can find everything they need to live well, even closer to home.

Pick up groceries at Donald's Market, or stop in at one of River Market's great selection of restaurants. You'll want to try them all. Get creative Asian Fusion at Wild Rice, delectable pulled-pork sandwiches at Re-Up Barbecue, superb seafood at The Boathouse, and delicious Thai at Longtail Thai Kitchen.

For anyone who loves the outdoors, New Westminster has 48 parks and 141 hectares of green space, including the 9.5-acre Westminster Pier Park on the waterfront just steps from RiverSky.

NEW INFRASTRUCTURE

The City of New Westminster has a glowing past and a bright future.

It is investing in significant new infrastructure including a new civic centre, and has recently upgraded the park and public space on the waterfront.

The New Westminster SkyTrain Station has expanded into a full shopping and entertainment experience, with a Safeway, Shoppers Drug Mart, banks, restaurants, and 10 screens at Landmark Cinemas showing the latest blockbusters.

The Anvil Centre, a new $44-million steel and marble hub for the city, opened last October on Columbia Street. It hosts a 500-seat conference hall, city museum, new-media gallery, performing arts theatre, meeting rooms, art studios, and other multi-purpose areas for the community.

According to the latest census, New Westminster's growth rate is approximately twice the national average. The city's new infrastructure is just the beginning.

For more information visit the website: bosaproperties.com.

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RiverSky is developed by Bosa Properties (Quayside) Inc. Renderings, sketches, layouts and finishes are representational only. This is not an offering for sale. Prices subject to change without notice. E. & O.E.

Evolve introduces luxury at the right price

The future of condos in Vancouver is in Surrey. Evolve, a new condo development by WestStone Group, is set to open in Surrey City Centre with studios starting at $93,900.

With the price of Vancouver's home ownership skyrocketing to second most unaffordable city in the world, it's time to think differently. It's time to look at alternatives and at Evolve, you will find exactly that. Clean, modern design, bright interiors, sleek fixtures — with features that allow residents to live easily and well ... all at the right price.

That's what Evolve was designed to deliver.

It starts with the solid, concrete construction, which provides excellent heat and sound insulation and with a starting price below $100K, it is concrete tower suites at a lower price point than a wood-frame.

Studios, one-bedroom, two-bedroom and two plus dens will be available at Evolve, as well as townhome lofts and penthouses.

The minimalist finishes, like contemporary polished chrome hardware, leave room for residents to express themselves. Buyers will get their choice of two interior design colour palettes in contemporary light or dramatic dark neutrals, whichever best complements their style.

Easy-to-maintain laminate hardwood flooring fills the entry, bedroom, den, dining, and living areas. So sleek and convenient that residents won't have to give it a thought.

Space and light are two major requirements for a modern home. The 8.5-foot ceilings throughout give all areas of the condo an open and spacious feeling, lit up by the plentiful natural light from Evolve's large windows.

Spacious balconies give residents lots of room for barbecuing, entertaining, or simply sitting with a coffee and the newspaper on a lazy Sunday morning.

Kitchens define modern luxury with their soft-close hardware, stainless steel undermount sinks, quartz countertop and backsplash, and quality stainless steel appliances by GE.

Lifestyle is part of a modern home, too. Residents at Evolve can work out at the fully-equipped gym and fitness room. Bring your friends to the theatre and multimedia room, or cook together in the social room with its fully-equipped kitchen. Enjoy the view on the sky patio or cook for friends in the sky lounge. Walk the scenic garden paths around the development. Visit evolvecondos.com.

CONTRIBUTED IMAGES

Surrey is a smart investment

Just as the modern homebuyer has evolved, so has Downtown Surrey.

Thanks to more than $7 billion in public and private funds invested in Surrey's City Centre over the last eight years, the city is now one of the top places in Canada to invest in real estate.

Surrey-based jobs are booming, creating a strong market for rental condos, and a strong argument for living close to where you work. More than 1,000 new residents move to Surrey each month.

In Surrey's City Centre, residents can afford to live and work in the heart of downtown, and the city's new Civic Centre is making it one of the most beautiful cities to own a home in, with endless things to do.

Near Evolve, the SkyTrain, the Bing-Thom-designed flagship library, civic plaza, new city hall, and the performing arts centre are all welcoming, progressive, and vibrant. It's the hub of the city's best shopping and entertainment.

It's apparent that B.C.'s second largest city values its arts and education. At Central City, a stunning modern, glass, mixed-use building beside Surrey Central SkyTrain Station, Evolve residents can access offices, a shopping centre, Simon Fraser University's Surrey campus, an Arts Umbrella satellite location, recreational facilities, and 45 hectares of parkland — all within a short walk from home.

Located on 104 Ave near University Drive in Surrey, in the neighbourhood known as West Village, Evolve is one of six Surrey City Centre condominium towers and more than 2,800 new homes being planned by WestStone Group.

Envisioned to accommodate over 100,000 square feet of office and retail space, West Village will include everything from a green grocer, to cafés, to an eclectic selection of shops and services.

Affordable luxury and convenience converge at Evolve Condominiums in West Village.

VIEWING HAS EVOLVED

Want to see Evolve? Look no further than your phone. Curious homebuyers can visualize a whole new world of condominium living in the heart of Surrey City Centre on the free Evolve 3D app, available on iTunes and Google Play.

There's even more marvellous technology on display at the new Evolve sales centre. Visit in person and experience augmented reality — a new technology designed to give prospective buyers an experience of Evolve that goes way beyond paper models and pictures.

Visit the Evolve sales centre at 13328 104 Ave, Surrey, B.C.

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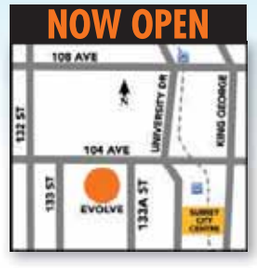

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PLATINUM PROJECT MARKETING

HARMONY HIGH-RISE BUZZING WITH ENERGY

Spring starts early in Vancouver. Before you know it, flower buds will be opening and birds will be chirping.

This spring, a new crop of homeowners will be getting ready to move into their beautiful homes at Harmony, a high-rise condo development in central Richmond, developed by Townline Homes and Peterson Group. There are a limited collection of homes remaining starting at $322,300, including net GST, available with just five per cent down, and are set to be move-in ready later this spring.

"Central Richmond is buzzing with activity," says Chris Colbeck, vice-president, sales and marketing of Townline Homes. "Convenient and diverse shopping, services, entertainment and recreation — it's all at your fingertips here."

The vigor of this Central Richmond community provides an ideal setting, he says.

"We're a green and tranquil enclave that is perfectly positioned for residents to access all the vibrancy that Richmond has to offer," he says. It takes 10 minutes by car, bike or on foot to get to many of the city's hot spots.

Harmony has easy access to Richmond Centre's more than 240 world-class shops and services, including Aritzia, BCBG Max Azria, Browns, Coach, Apple, Sephora and Michael Kors.

Pick up groceries at T&T Supermarket, the Real Canadian Superstore, or the City Fresh Market nearby, or grab a coffee at Starbucks or Blenz.

When you need to travel outside downtown Richmond, the Canada Line SkyTrain line is a five-minute walk away, providing Harmony residents with a 20-minute trip to downtown Vancouver, or an even shorter trip to the Vancouver International Airport. Harmony is located close to the airport, but not under the flight path, providing convenience and quiet.

Many other neighbourhood amenities are also less than 10 minutes away, including Minoru Park Sports Complex, Garden City Park, Richmond's City Hall and Public Library.

"Green space was important to us when we designed Harmony. It connects residents to their community and to each other," Colbeck says. The development's creative landscaping invites visitors to explore, with a water feature and bridge as you enter. And the green space continues with the 15,000-square-foot rooftop haven, including a Zen garden, a spacious deck with ample seating and a family-friendly barbecue area with a play area for kids, plus a gated dog run for your four-legged family members.

Inside the development, Harmony residents can take full advantage of the exclusive amenities, including a state-of-the-art gym, and a lounge with a large-screen TV, kitchenette, and fireplace.

Visit harmonyrichmond.com.

CHINESE NEW YEAR SALES CELEBRATION

According to the Chinese zodiac, 2015 is the year of the goat.
Curious homebuyers are invited to celebrate the occasion at Harmony, a new condo development in Richmond.
The Harmony presentation centre will be giving out light refreshments and red envelopes at their Chinese New Year Sales Event on February 14.
When you buy a home at Harmony on Feb. 14 you can draw to save up to $8,888 off the purchase price.
At Harmony, 2015 will be a lucky year.

Cosy condo designed for relaxation

CONTRIBUTED IMAGES

The stresses of modern life should melt away when you enter your home after a day at work. That's the feeling Harmony — a new condo development by award-winning Townline Homes and the Peterson Group — was designed to inspire and invigorate.

"We wanted to create homes that help Harmony residents feel rested and re-invigorated," explains Chris Colbeck, vice president, sales and marketing of Townline. "Every person should have a solace where they can relax, let go of stress and focus on the things and people that inspire them. Our homes enable that."

Designed by Rafii Architects, one of North America's premier architecture firms, in consultation with feng shui master Sherman Tai, Harmony's design is meant to deliver spiritual well-being as well as physical comfort and convenience. Harmony was even turned by eight degrees to ensure optimal balance and positive energy.

The sense of possibility starts when residents walk through the door onto the welcoming beveled-edge stone entry threshold. That feeling is echoed in the beautiful, quality materials and used throughout the house, including quartz countertops, stainless steel appliances and rich, wide-plank laminate flooring throughout the kitchen, living, and dining rooms.

The current collection of available homes at Harmony includes one-bedroom and workstation homes, one-bedroom and dens, and two-bedroom and dens. The workstations and dens provide the perfect nook for solitude and focus, says Colbeck.

A home that amplifies the simple pleasures doesn't need to be spare — Harmony is rich with exciting features.

Take pleasure in preparing meals, whether you're on your own, cooking for your family, or hosting a group meal. Kitchens become the centre of the home and they have the elegant finishes to match, including square-edge, flat-panel cabinetry with soft-close doors and drawers, and brushed stainless-steel cabinet pulls. The oversized stainless-steel, single-bowl under-mount sink features a European-style high-arc chrome faucet with convenient, pull-out spray head.

Bathrooms give residents the sensation of being pampered, with the luxurious, oversized soaker tub and full-height ceramic tile surround, and beautiful, large porcelain floor tiles.

Bring Life Into Balance

Luxuriously appointed, panoramic mountain views. International shopping, abundant green space. This is life at Harmony, a unique blend of urban sophistication in a tranquil setting. A landmark in Central Richmond, these elegant homes feature spacious interiors with exacting attention to detail. And with only 5% down and completion scheduled for this spring, now is the time to find out how you can bring life into balance.

1 BEDS FROM $322,300* INCLUDING
2 BEDS FROM $485,800* NET GST

February 14 Exclusive

Draw for a Chance to Save Up to **$8,888** Off the Purchase of Your Harmony Home*

Year of the Goat Sales Celebration

When : February 14, Noon to 5PM
Where: Harmony Discovery Centre
7180 No. 3 Road (at Bennett)

Red Pockets, Refreshments & Purchase Incentives*

Completion Spring 2015*

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* Net GST rebate for owner occupied condo only at closing. Prices, promotions and incentives are subject to change without notice. Chinese New Year incentives are exclusive to purchasers only and cannot be used in conjunction with any other cash or discounting promotion. Floor products and refurbishments available while supplies last. Terms and conditions apply. Pictures, drawings and digital renderings are for illustration purposes only and should not be relied upon. The Developer reserves the right to make modifications and changes to the information contained herein. Speak to a sales representative for more details. E. & O.E.

Oasis nestled in the centre of Mount Pleasant

The Independent residents can dine, socialize and explore

There's something about Mount Pleasant. It's a magical combination of established residential streets and park spaces and edgy, up-and-coming shops and galleries. It's quickly becoming one of the best places in Vancouver to live, shop, work and just hang out.

At the heart of this incredible community sits The Independent, a collection of tower and podium homes situated at the crossroads of Kingsway, Broadway and Main Street — an ideal epicentre from which to enjoy all the neighbourhood's hot spots.

Residents of The Independent will have access to many of the city's most interesting cafés and restaurants. Meet up with friends for a laid back get-together or a caffeinated brainstorm at one of the area's many coffee shops. Lucky's Donuts, at Forty Ninth Parallel Coffee, just a few minutes walk up the street, makes some of the best gourmet doughnuts in the city, with flavours like orange-honey pistachio and PB&J.

At night, try one of the area's many microbreweries, including Brassneck, Main Street Brewing, and 33 Acres. All are within a five-minute walk of The Independent.

"Main Street and its businesses are experimental, playful, and exciting," says Matt Pesklewis, director of sales and marketing of Rize Alliance, the developer of The Independent. "It's an area that is full of independents — lots of creative, small businesses and artisans of all types."

When it comes to food, you'll find an abundance on Main Street. Burdock & Co. serves some of the best locally-sourced meals in town. Don't Argue Pizzeria makes a mean thin crust. Up a few blocks, Portland Craft offers hard-to-find Oregon craft beer on tap, and some of the best chicken and waffles in the city.

Another key feature of Mount Pleasant is the ease of accessibility to other areas of the city. Public transit is abundantly available along Kingsway, Main Street and Broadway, the Canada Line SkyTrain is a short walk down Broadway, and The Independent sits on one of the city's key east-west bike routes. "The Independent's location is a true transit-oriented site with connectivity that really puts you at the centre of our incredible city," says Pesklewis.

MORE THAN 20,000 SQ. FT. OF PRIVATE GREEN SPACE

Great attention was taken to provide an intimate, private green space to encourage residents to enjoy the outdoors, meet neighbours, play and improve quality of life. Residents will enjoy more than 20,000 square feet of green space just for them, and packed with features. Hone your green thumb in the urban garden plots, get playful on the soft rubber-surfaced play area, give your pooch some room to stretch in the enclosed dog run area, chill and relax in the resort-style hammocks and loungers, catch some rays on the sun deck, or dine alfresco at the outside barbecue area. It's an amazing space.

Indoors, residents can enjoy a 3,300-square-foot amenity space featuring lounge, kitchen, meeting room, a workshop for special projects and a modern, 1,200-square-foot fitness facility. In addition, secured bike storage is provided for over 300 bikes.

Homes start at $299,900. Public previews start Feb. 14, 2015.

The perfect vantage point

CONTRIBUTED IMAGES

Just like its neighbourhood, The Independent celebrates diversity.

Set to be released in early 2015, the building was designed to both reflect the neighbourhood and showcase its own character. Five unique architectural expressions will show beautiful exterior facades featuring mosaic pattern brick, metal, and wood-pattern cladding, fritted glass, and corten steel. "The building embraces the diverse range of architectural styles that currently define the area and reinterprets them, blending a variety of materials to create an unabashedly contemporary and innovative expression that is uniquely Mount Pleasant," says Chris Vollan Rize, vice-president of development.

Inside, the homes are equally as impressive, and offer comfort and convenience.

Custom storage units and intuitive organizational systems in every home ensure residents can make the best possible use of space. Homes are beautiful and easy to clean with contemporary laminate wood flooring, roller blinds on all exterior windows and European polished chrome hardware throughout.

Kitchens make cooking a pleasure with custom Italian cabinetry in a choice of three colour schemes, featuring polished quartzite countertops and a high-performance appliance package, including leading technology induction cooktops.

Bathrooms were designed to impart a sense of relaxation with generous features, including a contemporary soaker tub to relax you after a long day.

A wide variety of homes will be offered through 36 different floor plans. "We've identified the wide range of people who are attracted to the area, and we're responding by providing a variety of homes to reflect the different needs, tastes, and budgets of our customers", says Vollan. Studio, one-bedroom, two-bedroom, penthouse, and town homes are available.

As the tallest building under the Mount Pleasant Community Plan, The Independent will rise as the new landmark of the area. At 21 storeys, a key feature every resident will love is the incredible views offered in all directions, none more spectacular than that of downtown and the North Shore mountains.

THE INDEPENDENT AT MAIN

PRESENTATION CENTRE LOCATED AT THE CORNER OF MAIN & BROADWAY

FOR INFORMATION AND PRICING REGISTER AT

INDEPENDENTatMAIN.COM

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The Wohlsein preserves community identity

Classic meets modern: Loft-like windows, high ceilings complement energy-efficient fixtures

The Brewery Creek neighbourhood, Main Street's incarnation many decades ago, shouldn't be lost in housing developments and warehouses. It should be celebrated.

The Wohlsein, a new housing development just off Main Street on 6th Avenue, was designed to preserve that sense of place, and the history that comes with it.

The 110-home mid-rise was designed with architecture by IBI Group.

"The Wohlsein fits into the esthetic of the neighbourhood — mid-rise, heritage brick facade and a classic-looking exterior, large, loft-like windows and high ceilings," says Chris Brown, sales manager at The Wohlsein.

"We were looking to make sure we created something that added to, rather than detracted from, the community identity."

The homes start from the $240,000s and come in two types: The Artisan Collection and The Wohlsein Collection. Artisan Collection homes feature nine-foot ceilings throughout.

In keeping with the neighbourhood's spacious lofts and warehouses, homes at the Wohlsein are built with efficient open layouts and spacious living spaces. Expansive window wall systems maximize natural light and the solid concrete construction provides a minimalist sensibility, and sense of security.

Interior design starts residents with a clean slate in one of two subtle colour schemes — stout and craft — by local design studio Port + Quarter Interiors.

Unlike many of their heritage counterparts, homes at The Wohlsein have all LEED, energy efficient fixtures, helping preserve the environment, and saving money on gas and hydro bills.

With the nearby farmers' markets and artisan food providers, you're going to want a kitchen that performs. The kitchen at The Wohlsein will help you be ready for anything.

The polished quartz countertops, stainless steel, single-basin undermount sink, brushed chrome faucet with pull-down spray head, LED under-cabinet lighting and premium stainless steel appliance package are just as practical as they are sleek.

The first public preview starts on Jan. 31. Find out more at liveateast6th.com or visit the presentation centre at 311 East 6th Ave, Vancouver (Corner of East 6th and Scotia).

Plenty of eateries, galleries and shops on Main Street

Main Street has heritage. One of the oldest streets in the city, the thoroughfare has undergone a revitalization over the past 15 years. It has proven a magnet for creative people and businesses.

At The Wohlsein, you're in good company.

Located at East 6th and Scotia just two blocks off Main Street, The Wohlsein is in one of the most buzzed-about areas in the city.

Its distance from Main Street gives The Wohlsein some room to breathe, while giving residents easy accessibility to all the shops, services, art, and culture Main has to offer.

Stroll out your front door at the Wohlsein and you're already in the right place for brunch. The Whip down the block plays great tunes and has a killer selection of eggs bennies and other breakfast favourites. The many more restaurants and cafés up the street offer a great selection — you'll never run out of things to try. And in the summer, Main Street's patios are second-to-none.

Main Street has lots of options for dining out if you're vegan or vegetarian, too. The Acorn serves haute vegetarian alongside its signature cocktails. The Foundation serves more casual veggie fare, including legendary nachos.

At night, many of the area's best brunch places turn into some of the best spots for dinner and drinks. Many of restaurants carry craft beer brewed at one of the area's local breweries, Brassneck, 33 Acres, and Main Street Brewing.

CONTRIBUTED IMAGES

Art and culture are everywhere on Main. Catch one of the ever-changing shows at the art gallery Hot Art Wet City, or come to a comedy night at Little Mountain Gallery.

If you're looking to furnish your new home at The Wohlsein, homewares are easy to find and fun to shop for on Main, too. Vancouver Special, up the street, is a mecca of colourful, minimalist home design. Much and Little is the perfect place to stock up on beautiful, practical homewares, from ceramic mixing bowls to herringbone-patterned Turkish towels.

If you like to go antiquing, the street has lots of shops for you. Get ready to get lost and spend hours in shops like A Bakers Dozen, unearthing hidden gems.

HONE YOUR CRAFT AT THE WORKSHOP

Your practical and artistic needs are covered at The Wohlsein. The development's amenities were designed to provide residents with practicality and enjoyment.

Bring your bike into the Bike Workshop for a tune-up, or your paints, pencils, and charcoal into the Artist Workshop and let loose.

Once you've completed your masterpiece, head to the common rooftop to enjoy the outstanding views, or make your guests comfortable in the residents' lounge.

The Wohlsein inspires good work, and rewards it with relaxation.

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JAMESON DEVELOPMENT CORP

False Creek building is pet friendly

Pet-free floors accommodate those with allergies

Living in the heart of Vancouver has never been more accessible than with Bosa Properties latest project in False Creek. The best part is, you can bring your furry companions with you, as the highly-touted Bosa False Creek building is pet-friendly, which is something that can be difficult to find in a rental apartment, according to Bosa Properties rental associate, Dylan Jackson.

"We've come across several people that have found frustration in renting a condo that's pet friendly — it's a bit of a rarity in the rental market, so we decided to allocate pet friendly floors. So for those that have allergies to pets — they can live on a floor that is fur-free."

Not only are pets allowed, but they are treated like residents, too, with pet-friendly floors for like-minded individuals and even a pet wash station.

CONTRIBUTED

The eight-storey, gorgeous condo building meets LEED Gold Standards of sustainability with luxury amenities never before seen in the rental market, including a laid-back rooftop patio, a 1,100-square-foot indoor entertainment lounge with a big screen TV, long bar and kitchenette. The sunny 1,700-square-foot rooftop patio with an outdoor barbecue kitchen is just icing on the cake, Jackson adds.

"Residents can have their own personal garden plots for their zero-mile diet, and do-it-yourself workroom where they can get creative with a sewing machine or skill saw. Plus, there is a fitness centre with secured storage lockers available, as well as available private bike lockers and free Wi-Fi in the amenity areas."

The project has been so popular there aren't many units left with only one bedrooms left and going fast, according to Jackson. All of the apartments feature stainless steel Blomberg appliances, Italian quartz kitchen countertops and spacious bathtubs built for long, lazy soaking.

With Bosa False Creek, there are no move in/out fees with all of the benefits of having a consistent and reliable landlord. For more information please visit the website: bosa4rent.com or call 604-412-0316.

The rental office — located at 180 Switchmen St., at Main Street and Terminal Avenue — is open 11 a.m. to 5 p.m., closed Monday and Tuesday.

WATERFRONT LIVING

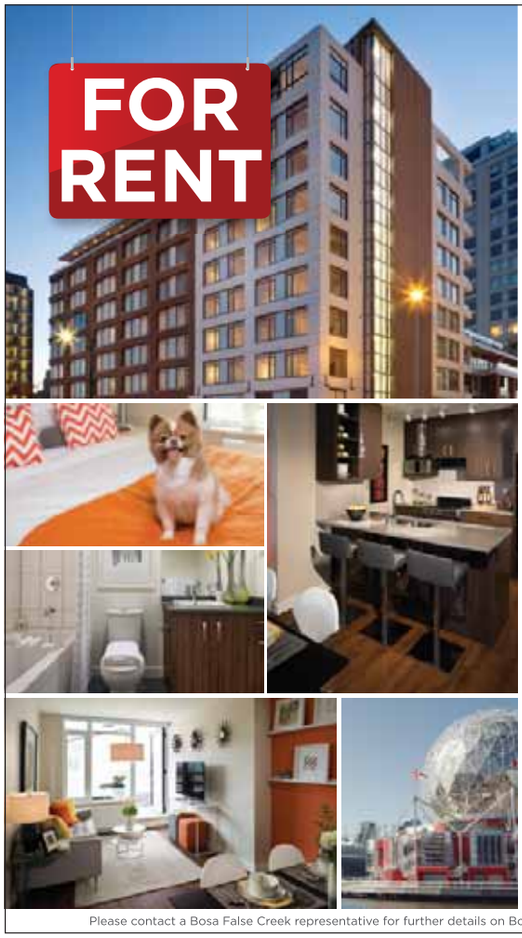
If you're looking for waterfront living with dragon boats, patios, and restaurants in every direction, False Creek is the place to live.

False Creek is a short inlet in the heart of Vancouver known as one of North America's most livable neighbourhoods, according to Bosa Properties rental associate, Dylan Jackson.

"Home is just around the corner from the city centre, Yaletown, Chinatown, Gastown, Main Street and Granville Island," he says. "You don't need to own a car, but there are co-op cars in the parkade of False Creek if you want to use one. There are accessible bus routes, the Main Street SkyTrain Station is close and the area is very walkable and bikeable."

The Telus World of Science is located at its eastern end, with the bustling Granville, Cambie, and Burrard Street bridges crossing False Creek with the False Creek Seawall in view.

"It's a very popular neighbourhood where everything you need is just walking distance away," he adds, pointing out Urban Fare, Craft Beer Market, and the Creekside Community Centre as nearby attractions.



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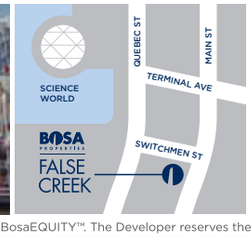

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CONTRIBUTED PHOTOS

Hycroft homes rich in space, quality

The spacious, well-appointed rowhomes at Hycroft in South Surrey's Grandview Heights neighbourhood are perfect for homebuyers who are looking for something more. The homes at Hycroft are the only freehold (non-strata) rowhomes available in South Surrey.

This collection of 65 four-bedroom homes provides a balance of space and community. Homes start at $549,900.

The classic facades express their quality and style through Arts and Crafts architecture by Robert Ciccozzi, with dramatic roof features and the use of brick. The tasteful, durable exteriors are finished with hardiplank siding, shingles, and Earth tones designed to reflect nature.

A feeling of space and freedom is apparent as soon as you enter the distinctive, main-level entry through the solid-core front door.

Inside, the well-thought-out floor plans start with an open living area and convenient powder room on the main floor, and a family room off the kitchen. Expansive windows brighten every room with natural light. The meticulous attention to detail can be seen in the matching mosaic tile on the kitchen backsplash and around the gas fireplace.

Kitchens feature high-end, stainless-steel Jenn-Air appliances, solid quartz slab countertops, and custom Shaker-style cabinetry.

Ensuites are deluxe, with Carrera marble accents, Grohe rain showerheads and luxurious Nu-Heat in-floor heating.

A finished basement and detached garage give each home the extra storage and living space needed for hobbies and projects. The homes' walkout patios and private, professionally landscaped yards provide a feeling of space while maintaining a sense of privacy.

Hycroft homes can be trusted for life. Created by StreetSide Developments — a Qualico company — Qualico is the largest integrated real estate company in Western Canada, with over 60 years of history.

Phase 1 and 2 at Hycroft are 50 per cent sold out. Visit the presentation centre to find out more about this community or call 604-541-2495.

The website is: hycroftrowhomes.com.

NEARBY SHOPS, SCHOOLS

Hycroft residents will find everything they need nearby. Morgan Crossing and Grandview Corners offer more than 130 shops and services just five minutes away. Enjoy time with friends and family at the local neighbourhood cafés, restaurants, pubs, and movie theatres.

Public and private elementary schools are both available within walking distance.

Direct access to major transit routes, including Highway 99 and 24th Avenue, makes your work commute easy. For those who like to shop and vacation in the United States, the border is just 10 minutes away.

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- Over 130 shops and services 5 minutes away
- Close to parks, beaches, nature trails, & golf courses

Tired of paying strata fees? Need more space? Hycroft may be exactly what you are looking for. Situated in South Surrey, these freehold, non-strata rowhomes give you all the advantages of a single-family home – including walkout patios, fenced yards, finished basements and a detached garage – all for the price of a townhome. This is a rare opportunity to live the dream without compromising your lifestyle or budget. Don't miss out.

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Take a seat: A chair for all reasons

Decor question. Find me a chair that can be put to use in many areas of my home

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I need more dining chairs for occasional dinner parties and I'd like to find an all-purpose chair to use in the dining or living room when extra guests need a seat.

—Mark, via email

The perfect chair is one that sits discreetly at the dining table, looks pretty in a bedroom corner or helps host a large gathering in the family room. The prerequisites for this everything-to-everyone chair are comfort (for long dinners), style (for staring at morning and night in the bedroom), and petite (so it's easy to move around). Here's a lineup of the best.

All buttoned up

Tailored upholstery with classic button tufting equals great sex appeal. Spring Chair, $199, Structube.com

Danish beauty

Designer Ceci Thompson's fresh approach on Danish style offers mix of wood and upholstery comfortable enough to sit or dine. Austin Chair, $299, CB2.com

Armed with options

Choose your wood stains and fabric colours for a custom chair with solid-looking style. Tokai Armchair, $1,995, Avenue-Road.com

Piping dream

Upholstered legs and white contrast piping gives this four-legged friend a sleek look. Valentin Arm Chair, $299, EQ3.com

Deco delight

Sleek deco curves are welcome at any table or sitting area. Carol Channel Chair, $1,075, Elte.com

Got it plaid

Ever so handsome — just waiting for a dinner date. Henriksdal Chair, $99, IKEA.com

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Where beer, beans and chocolate make perfect sense together

Dinner. Keep this Chocolate Chip and Stout Chili family friendly by containing the heat

This recipe serves eight to 10 people. JULIE VAN ROSENDAAL AND JAN SCOTT FOR GATHERINGS (WHITECAP BOOKS)

Ingredients

- 2 tbsp (30 ml) olive oil
- 2 lb (1 kg) lean ground beef
- 2 lb (1 kg) sausages, casings removed
- 3 medium onions, peeled and finely chopped
- 4 cloves garlic, peeled and finely chopped
- 2 tsp (10 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) ground cinnamon
- 1/2 tsp (2.5 ml) ground cardamom
- 2 tbsp (30 ml) chili powder
- one 5 1/2 oz (156 mL) can tomato paste
- 1/4 cup (60 ml) ketchup
- three 14 oz (398 ml) cans red kidney beans, drained
- three 14 oz (398 ml) cans crushed or diced tomatoes
- one 16 oz (475 ml) can stout beer (such as Guinness)
- 1/2 cup (125 ml) semi-sweet chocolate chips
- salt and pepper to taste

"This recipe comes from my friend Aimee, who originally sourced it from Nigella Lawson," writes Jan Scott in Gatherings, which she co-authored with Julie Van Rosendaal. "In my version, the flavours are mild, keeping it very family friendly, but you can certainly boost the heat by adding a fresh sliced and seeded chili pepper, as Nigella suggests in her original recipe.

"You can serve this as part of a casual Mexican-inspired buffet by adding baskets of crisp tortilla chips, sour cream, shredded cheese, fresh cilantro, pickled jalapeños, green onions and lime wedges, or just as it is alongside a floury dinner roll or hunk of cornbread."

1. Preheat the oven to 300 F (150 C). Heat the olive oil in a large ovenproof pot (with lid) and add the ground beef and sausage. Brown the meat on medium heat, breaking it up as it cooks.

2. Add the onion and garlic and cook until soft and translucent, about 8–10 minutes. Stir in the cumin, coriander, cinnamon, cardamom and chili powder; mix well to combine.

3. Stir in the tomato paste, ketchup, beans and crushed tomatoes; add the stout and bring the chili to a boil.

4. Once it starts bubbling, remove the pot from the heat. Sprinkle the chocolate chips over the chili, cover with the lid and transfer the pot to the oven, cooking for 3 hours. Check seasonings, adding salt and pepper if necessary. Serve hot.

BOTH RECIPES EXCERPTED FROM GATHERINGS (WHITECAP BOOKS) BY JULIE VAN ROSENDAAL AND JAN SCOTT

Cookbook of the Week

Gather 'round for delicious eats

While other cookbooks focus on recipes, Gatherings also shines the spotlight on real situations that bring people together — casual weeknight dinners, baby showers, birthday parties, big family gatherings, game nights, date nights or even Sunday suppers.

Not only does each section include recipes but also drink or cocktail, easy serving, decor and presentation suggestions. Among the recipes in Gatherings are Simple French Onion Soup, Eggs Benny On Parmesan Potato Waffles, Grilled Romaine Caesar Salad, Hoisin Pork Lettuce Wraps and Crostini. METRO

Side. Real Baked Beans

1. Put the dry beans in a large saucepan and add enough water to cover by a couple inches. Set aside to soak for 8 hours, or overnight.

2. Add the onion to the pot and bring to a simmer over medium-high heat; cook for 45 minutes, or until the beans are just tender.

3. Drain off the water and put the beans and onion in a baking dish. Preheat the oven to 325 F (160 C). Add the remaining ingredients to the pot, stir well to combine, cover and bake for 2–3 hours, stirring once or twice, until the mixture is thick and sticky and the beans are very tender.

Ingredients

- 1 1/2 cups (375 ml) dry white beans
- 1 onion, finely chopped
- 3/4 cup (185 ml) ketchup
- 3/4 cup (185 ml) barbecue sauce
- 1 cup (250 ml) beer, apple juice or chicken stock
- 1/4 cup (60 ml) packed dark brown sugar
- 1/4 cup (60 ml) apple cider vinegar
- 2 tbsp (30 ml) yellow or grainy mustard

This recipe serves eight people. JULIE VAN ROSENDAAL AND JAN SCOTT FOR GATHERINGS (WHITECAP BOOKS)

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Veteran Beitashour healthy and hungry

MLS. Whitecaps right back suffered a hip injury late last season

CAM TUCKER
cam.tucker@metronews.ca

Sometimes, plans change.

Vancouver Whitecaps right back Steven Beitashour was expecting to compete for Iran in the Asian Cup, but when that didn't happen, he spent his entire winter here in the Lower Mainland, working to strengthen his hip, which was injured during the second half of the 2014 Major League Soccer regular season.

With three days of training camp into the books, and the beginning of a new season not far off — there is the matter of a labour dispute and possible players' strike that needs to get resolved — the 27-year-old Beitashour says he's now 100 per cent healthy.

"The hip would ... it's really tough to explain. It almost feels like it pops out of place. It's one of those things where if you rest for two weeks, you'll be fine," he said Wednesday.

The hip injury caused Beitashour to miss some playing time last year, at a less-than-ideal time, too, as the Whitecaps were pushing to make the playoffs after another summer struggle.

Beitashour started in the club's final regular-season game, but played only 33 minutes and wasn't able to go against FC Dallas in the single-elimination round.

At the time, the injury had caused Beitashour to adjust his playing style.

Known to help push the attack from the back line — with a combined two goals and 16 assists over four years with the San Jose Earthquakes before coming to Vancouver — he became less aggressive as he tried to play through the pain.

"If you go 100 per cent, you're a lot sharper, a lot better. If you're 90 per cent, you could still get by but not as dangerous," he said.

"I like to think I'm a dangerous player when I'm on the field."

Steven Beitashour's hip injury toward the end of last season forced him to play a less aggressive style of soccer.
GETTY IMAGES FILE

Quoted

"I like to think I'm a dangerous player when I'm on the field." Whitecaps right back Steven Beitashour

Super Bowl

Pats aren't aiming for perfection, just a championship

The road to perfection reached a dead end in the Arizona desert. Now the New England Patriots are back where a Super Bowl championship — and an unbeaten record — barely eluded them seven years ago.

Not that they dwell on their return to the place where the best season in NFL history slipped from their grasp.

"It's not where we play, it's how we play," Tom Brady said Wednesday, "and I'm glad we're here with the opportunity to do something really special."

A win Sunday night against the Seattle Seahawks would even the Patriots' record in Super Bowls at University of Phoenix Stadium at 1-1. New England is seeking a championship, not closure for its 17-14 loss to the New York Giants in 2008.

"I'm sure it will be a cool story if we win, saying we came back to the same place," kicker Stephen Gostkowski said, "but I don't think about that stuff. I'm just looking to make the first kick that they send me out for." THE ASSOCIATED PRESS

Tom Brady THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will say or do something controversial today and those who are not as open and honest as you won't like it. Too bad. Rock the boat a little.

♉ Taurus
April 21 - May 21
Stand up for what you believe in and refuse to change your ways or your views simply to please those in authority. By all means pick a battle today.

♊ Gemini
May 22 - June 21
Anyone who doubts you are a free-thinker won't doubt it much longer. In fact, what you profess to believe over the next 24 hours will mark you out as a maverick.

♋ Cancer
June 22 - July 23
You need to get tough today, firstly with yourself for being far too wasteful of late, then with those who seem to believe that you exist only to make life easier for them.

♌ Leo
July 24 - Aug. 23
You will either draw closer to someone today or you will drift so far apart that you are unlikely ever to get back together again.

♍ Virgo
Aug. 24 - Sept. 23
Try not to make a big issue of something that is really quite trivial. If you are having problems on the work front take it as a sign that you are doing something wrong.

♎ Libra
Sept. 24 - Oct. 23
Because the sun is moving through the most creative and dynamic area of your chart, you won't find it hard to start something special.

♏ Scorpio
Oct. 24 - Nov. 22
It does not matter how many mistakes you have made or how many times you have failed. It matters only that you are still alive and kicking and ready to rejoin the fray.

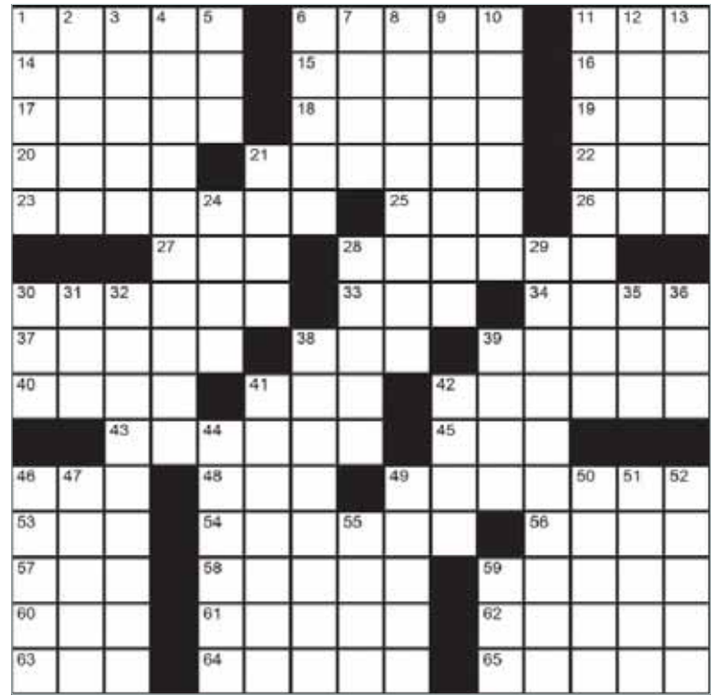
♐ Sagittarius
Nov. 23 - Dec. 21
You are at your best when dealing with people on a one-to-one basis, so forget about your chores and get out into the world and have fun.

♑ Capricorn
Dec. 22 - Jan. 20
The most important thing today, tomorrow and over the weekend is that you resist the urge to compare yourself to others. Set targets based on your own true desires.

♒ Aquarius
Jan. 21 - Feb. 19
The world is full of possibilities and each one of those is there for you to make use of. Others may say certain things cannot be done, but you must ignore them.

♓ Pisces
Feb. 20 - March 20
Put the past behind you and start again with a more positive attitude. Get over any guilty feelings you have about things you should have done.

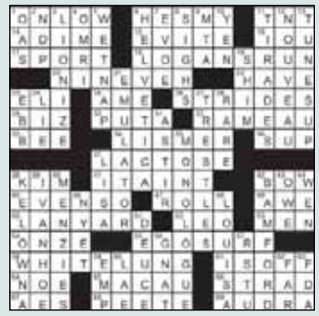
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. __ and potatoes
6. Hunks
11. Shirt
14. __ Adler ("The woman" Sherlock Holmes held in high regard)
15. "We're off __ the Wizard...": 2 wds.
16. Trip up
17. Late
18. Inner's opposite
19. Ms. Vardalos
20. Mideast chieftain, variantly
21. Spacecraft's landing unit
22. __-stick frying pan
23. Accelerate: 2 wds.
25. Oz character's coating
26. If I Didn't Care by The __ Spots
27. Director Mr. Anderson
28. Doesn't let the subscription expire
30. Saunters
33. Adam's __ (Water, colloquially)
34. Goes for
37. __ panels (Eco-house features)
38. The __ Who Loved Me (1977)
39. City in Ohio
40. Polar explorer Mr. Rasmussen
41. Not you, in Paris
42. Dan's The Blues Brothers (1980) role
43. The Scream artist Mr. Munch
45. French composer Francis
46. Fashionable
48. Picnic nuisance
49. Montreal theatre company
53. Ms. Ortiz
54. Salutation in Israel
56. Fill the position
57. Dog breed
58. Hurt __ __ by Little Anthony & The Imperials
59. Chant for Mr. Mister
60. Grand-__ (Acadian setting of Longfellow's Evangeline)
61. Kate & __ ('80s sitcom)
62. Hall & __
63. "Aye."
64. The Who album: Live at __
65. Lizard kind

Down
1. Positions
2. Lady and the __ (1955)
3. Mysterious
4. Winnipeg Jets captain: 2 wds.
5. Keyboard piece
6. Bend low
7. Noisy
8. Shrewdly
9. Direct route
10. Tranquil
11. Cdn. athlete Milos Raonic: 2 wds.
12. The huntress Artemis unintentionally slayed him
13. Comedian-created caper
21. Dishevel
24. Cervid
28. Sort of transit
29. Popular Canadian cooking show (on which host/chef Stephen had a great sense of humour) that featured Asian cuisine: 3 wds.
30. Inquire
31. My, in French
32. Government numbers spot in the phonebook: 2 wds.
35. Also
36. Audio (abbr.)
38. Can be alphabetized, for instance
39. Mr. Alda
41. Beneath-the-street access
42. Pre-HS
44. Fief holder in the Middle Ages
46. Glad
47. Habituate to hardship
49. Cryptologist's "crackees"
50. __-__-surface missile
51. An archangel
52. Ms. Witherspoon
55. Easy-going = __-back
59. Tree of Hawaii

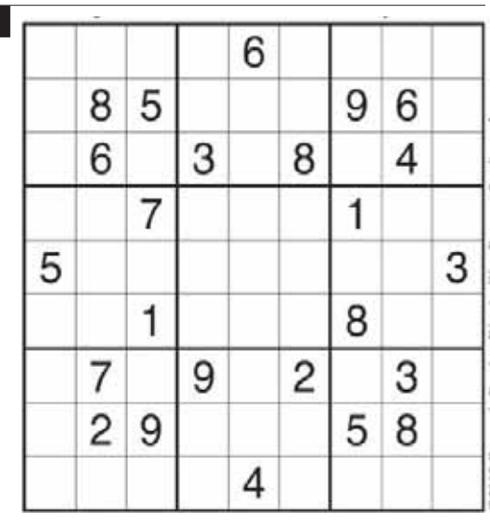
Yesterday's Crossword



Online
See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

1	3	5	7	8	4	9	6	2
2	7	9	6	5	1	3	8	4
8	6	4	9	3	2	5	1	7
5	8	1	4	9	3	2	7	6
3	4	2	1	7	6	8	9	5
7	9	6	8	2	5	4	3	1
6	2	3	5	1	9	7	4	8
4	5	7	3	6	8	1	2	9
9	1	8	2	4	7	6	5	3

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